



**55 Plus Satellite
Programming**



YOGA & PILATES

**Thursdays @ 10:00 am
Warren Community Hall**

Starts January 19th – 8 week Session

\$80.00 / person

Step out of your hectic life for one delicious hour with **Gail Spencer-Lamm**. You will focus on uniting body, mind, & spirit developing ease of movement, strength, and flexibility with flowing, rhythmic YOGA and PILATES inspired exercises. You will be encouraged to lean against your edge with considerate persistence and honor your needs. Work hard, rest when necessary and choose from options making the class just the right fit. Sweat, but leave refreshed and energized!



Call Fran @ 204-322-5372
OR 55 Plus @ 204-467-2582



Note: Minimum of 10 Paid Registrations Required to Run Session.