



**55 Plus Satellite
Programming**



YOGA & PILATES

Thursdays @ 10:00 am
Warren Community Hall

DROP IN'S WELCOME!!!

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!



Drop in Fee is \$12.00
55 Plus @ 204-467-2582

