

Summer Yoga



Starts: June 20th

Wednesdays @ 10:15 am

Offered for 10 weeks!

Sign up for 5 or 10 classes!
Drop Ins Welcome Too!



Step out of your hectic life for one “centering” hour with **Elizabeth Luke** on Wednesdays @ 10:15 am. You will focus on uniting body, mind and spirit and develop 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 to make the class

just the right fit. Sweat, but leave refreshed and energized!

5 classes: \$35 for Members/ \$40 for Non-Members

10 classes: \$65 for Members / \$75 for Non-Members

Drop In: \$10.00/class



To Register Call: 204-467-2582