

Gentle Yoga at The River Bend Municipal Building

All are Welcome

Fridays 9:00-10:15 a.m.

Fee \$50 for 10 classes

New Session December 19th -February 27th

Dates:

12/19, 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

Class size limited to 15 participants. Interested? Call Linda Cummings at 252-288-4347

Sponsored by Parks & Recreation

Certified Yoga Instructor: Sam Love

