

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 October 3rd -December 12th

Dates:

10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5,

12/12

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

Sponsored by Parks & Recreation

Certified Yoga Instructor: Sam Love