

Gentle Yoga at The River Bend Municipal Building

All are Welcome

Certified

Yoga

Instructor:

Sam Love

Frídays 9:00-10:15 a.m.

Fee \$50 for 10 classes

> New Session July 11<sup>th</sup> - September 26<sup>th</sup>

Dates:

7/11, 7/1/, 7/25, 8/1, 8/15, 8/22, 9/5, 9/12, 9/19, 9/26

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

Sponsored by Parks & Recreation