



YOGA

Hosted at the
Golden Age Activity
Centre

Tuesday:

Gentle Beginner Yoga 5:30-6:30

All Levels Vinyassa 6:35-7:35

Thursday:

All Levels Vinyassa 5:30-6:30

Yin 6:35-7:35

\$120 for 8 weeks of
classes beginning
September 13th

contact Courtney
courtney.mwalsh@gmail.com



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