



YOGA CLASSES

FLEX, STRENGTH

& RELAX

FEBRUARY 3RD-26TH
TUES. 9:30AM & THURS. 5:30PM

AT BARBRA'S FITNESS CENTER
205 PORTLAND RD. GRAY, ME

Offering group classes, each Tuesday and Thursday in February. Suitable for all fitness levels, in this yoga series we will work on flexibility, strength and the body's relaxation response. It will be a general sequence 1 hour class that gives the body an overall workout. This class will offer modifications and adaptations to each, in a group setting. With emphasis on alignment this class is designed to keep students safe in their practice while challenging them week by week to become more flexible, stronger and give tools for relaxation.

About the Instructor: Leslee Clark has been teaching alignment base yoga for 20 years and is excited to be offering this series.

FOR MORE INFORMATION CONTACT: BARBRA'S FITNESS CENTER

