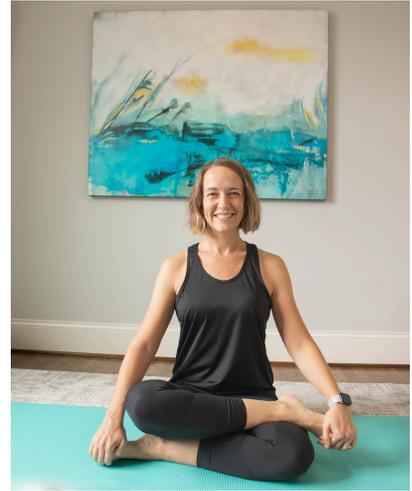


Beginner Yoga

In collaboration with Oak Ridge Arts Collective, join local fitness instructor Gwen Dunlap for beginner yoga.

This class is geared towards beginners and will focus on mobility, strength and relaxation.

Gwen is offering a one time introductory class before her April class series begins.



Introductory Class:
March 20, 2026
12:00-12:45p
Fee: \$10

April Class Dates:
April 10 & 24, 2026
12:00-12:45p
Fee: \$30

Location:
Oak Ridge Presbyterian Church
Meeting Room

To sign up:
Pay via Venmo @gwen-dunlap
(include your email address in memo)

Complete new client form online
www.getfitwithgwen.com

Bring your own mat and towel.

