**Lava Hot Springs**

**Retreat**

**October 10, 2020**

**Water Aerobics \* Gyrokinesis \* Yoga**

**With Lori Head and Tasha Bradshaw**

**Classes will be held at the Lava Community Center and Lava Hot Springs Indoor Swimming Pool, 195 North Center Street**

**COST: $45.00 per person for all classes**

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**Schedule: Saturday – October 10, 2020**

**10:00 AM to 11:00 AM Water Aerobics Lava Hot Springs Indoor Swimming Pool**

**1:00 PM to 2:00 PM Gyrokinesis Lava Community Center**

**2:30 PM to 4:30 PM Yoga Lava Community Center**

**Registration for Lava Hot Springs Retreat. Must be in by 10/5**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**e-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Enclosed: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Questions Lori Head 208-251-2047 OR** [headlori@isu.edu](mailto:headlori@isu.edu)

**Please mail registration to Lori Head. 500 Brent St. Pocatello , Id 83201**