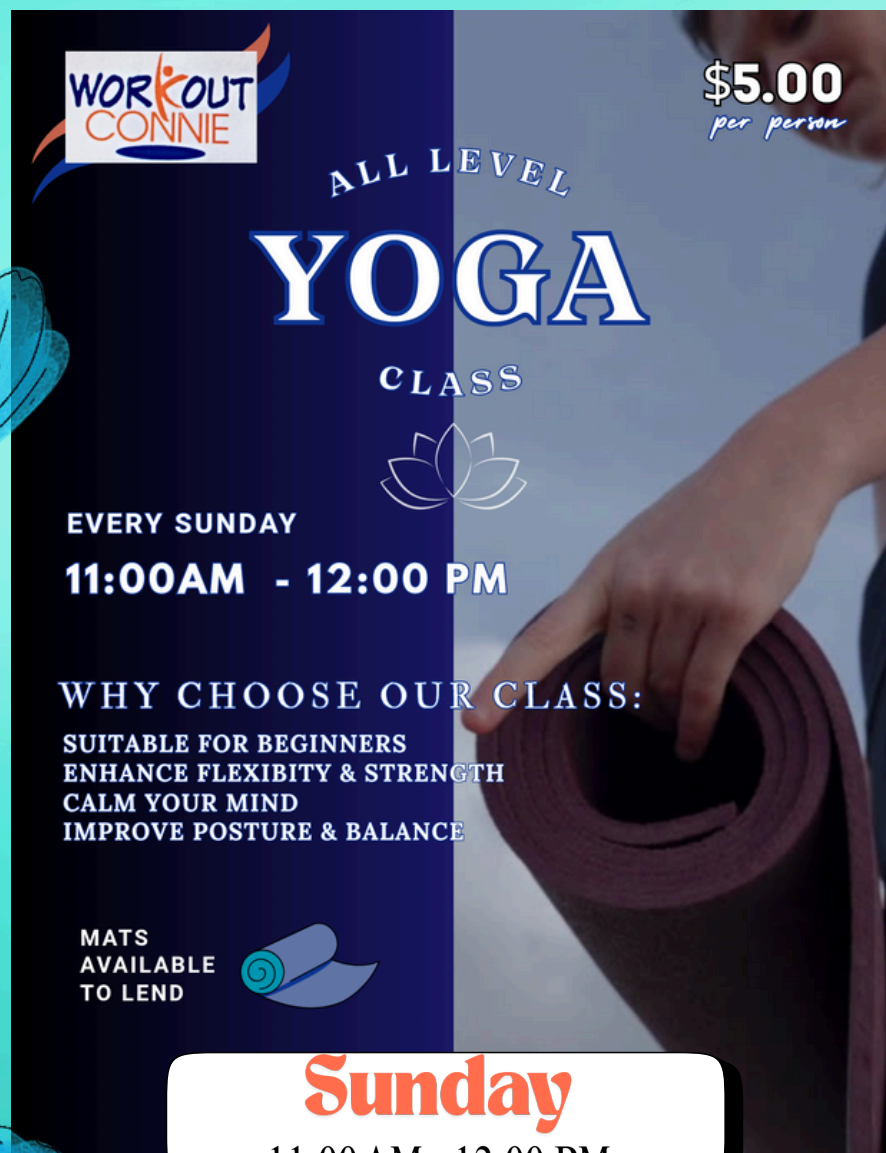




Discover The Warrior In You



WORKOUT CONNIE

ALL LEVEL

YOGA

CLASS

EVERY SUNDAY
11:00AM - 12:00 PM

WHY CHOOSE OUR CLASS:

- SUITABLE FOR BEGINNERS
- ENHANCE FLEXIBILITY & STRENGTH
- CALM YOUR MIND
- IMPROVE POSTURE & BALANCE

MATS AVAILABLE TO LEND

\$5.00
per person

Sunday
11:00 AM - 12:00 PM



WORKOUT CONNIE

ALL LEVEL

YOGA

CLASS

EVERY WEDNESDAY
5:30 - 6:30 PM

WHY CHOOSE OUR CLASS:

- SUITABLE FOR BEGINNERS
- ENHANCE FLEXIBILITY & STRENGTH
- CALM YOUR MIND
- IMPROVE POSTURE & BALANCE

MATS AVAILABLE TO LEND

\$5.00
per person

Wednesday
5:30 PM - 6:30 PM

SAND LAKE COMMUNITY ASSOCIATION
4059 Indian Lake Rd Sand Lake, MI 48748