

ALL NEW!

PILATES & YOGA PILATES

**MONDAY AFTERNOONS 3:30-4:30PM
VONORE ELEMENTARY SCHOOL**



Classes include breathing and stretching exercises that will strengthen core body muscles, increase body awareness and improve flexibility

Where: Vonore Elementary School
When: Mondays beginning Oct. 11th (no class on the Monday after the 20th of each month)
Time: 3:30-4:30pm