

join your co-workers after work for

Group Yoga Classes

Offering customized Yoga classes designed to help you:

 **Have Some Fun**

 **De-Stress**

 **Burn Calories**

 **Improve Mental Clarity**

 **Gain Flexibility & Strength**

 **Improve Balance & Stamina**

Meet in the Terrace Café Tuesdays & Thursdays 5:15-6:15pm.

No previous experience needed. \$10 per class.

All classes held by Fitness Yoga.
For more information, please call Marcy Caron 847.226.1701
Or email us at fitnessyoga@me.com.

 **FitnessYoga™**
www.fitness-yoga.com
