

SPRING 2010

Adult YOGA

This 8-week session of classes,
taught by yoga instructor Kathleen Margiotta,
is designed to improve flexibility & breathing, coordination & posture,
and promote stress reduction, relaxation and over-all fitness.



TUESDAYS 6:00—7:00PM

March 9, 16, 23, 30

April 6, *, 20, 27

May 4, 2010

(*No class April 13)

\$70 per resident participant

\$80 per non-resident participant

Town Hall, 200 South Street,
Senior Center, 3rd floor

REGISTRATION FORM ON REVERSE.SIDE

Mats are provided during class. Please bring a bath/beach towel.