



YOGA CLASS

with Joy Provenzano

8-Week Spring Session

Sundays, Starting 4/14

7 - 8 PM

*9:45-10:45AM on 4/21, 5/12, 5/26

Cost: \$80 Drop-in Cost: \$15per class

All Levels Welcome

Please bring yoga mat, water & yoga blocks

Avoid eating 30 minutes prior to class.

Ages 16+ are eligible for registration

