



YOGA MECHANICS

THIS CLASS IS ALL ABOUT ALIGNMENT AND BODY MECHANICS. LEARN HOW TO MOVE IN AND OUT OF POSTURES WHILE KEEPING INTEGRITY IN THE BODY TO AVOID INJURY.

WHEN

Saturday June 10th
2-4pm

FEE

Members \$25
Non-Members \$30

SIGN UP ONLINE AT WWW.EDWARDSBURGFITNESS.COM
OR CALL 269-414-4113