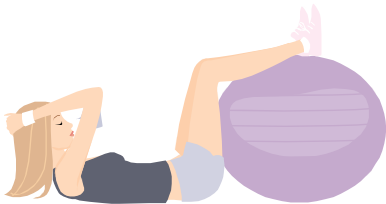


OCEANFRONT YOGA & FITNESS CHALLENGE

BEGINNING IN MARCH
FRIDAY @ 12 NOON



“FITNESS & YOGA”

THIS CLASS WILL BE A FUSION OF GENTLE,
RHYTHMIC MOVEMENT ~ MILD STRENGTH
TRAINING FOR MUSCLES AND CORE ~ AND YOGA
FOR STRETCHING AND RELAXATION.

**ALL AGES AND ALL STAGES WILL BENEFIT FROM
THIS VARIETY OF BODYWORK.**



**TAKE THE FITNESS CHALLENGE!
SIGN UP TODAY!**

- 1.
- 2.
- 3.
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- 10.
- 11.
- 12.