



Dear Members, A Change in Class Times!!!

**‘Functional Fitness ‘ with Kali Glosser
Moves to Evenings in July**

Mon-& Wed 6:15-7:00pm

Followed by a ‘Slow Flow Yoga’ 7:00 –7:45 pm

**You can take both or separately depending on your
schedule —if taking the yoga portion please enter
quietly and quickly at 7:00pm.**

**This format is designed to give you optimal
results in strength and flexibility!
All Fitness Levels are Welcome!!**

**Come and take a class Kind, Knowledgeable , and
Committed Instructor!**

