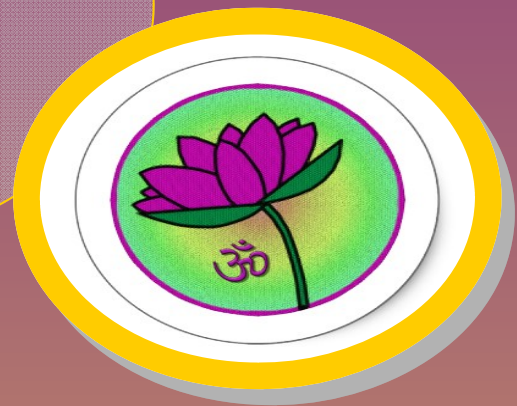


Yoga Fit

Come and Experience



It doesn't matter your age, flexibility, size or shape, yoga is a great workout for all. It enhances every facet of physical and emotional fitness; strength, endurance, flexibility, posture, balance, stress management and concentration. The exercises and positions are completed slowly with awareness, proper breathing techniques, and low impact.

Classes are on going every Monday

For more information for to register please call 336-242-2285

Day: Monday's (class are on going)

Time: 12:00-1:00 p.m.

Cost: \$5.00 per Class
\$25.00 for 6 Class Punch Card

Instructor: Creslyn S. Hilton, NEITA Certified
Licensed Group Fitness Instructor

*Classes are on going and will count
toward the Wellness Program Class requirement.*

Sponsored by Davidson County Recreation Department

555-D West Center Street Extension

Lexington, North Carolina 27295

