

Yoga

12 week  series

CLASS BEGINS, THURSDAY, MARCH 29

6:30 - 7:30 PM

This **FREE** one hour, slow flow class, is suitable for students of all levels.



The yoga class will be held in the Racquetball Court of the Smith Gym
Bring Yoga Mats. Mats will not be provided.

www.mccsHH.com/smithgymclasses.html

