

Multi-level Yoga

A user friendly class taught from the base move with optional progressions available.

Wednesdays Oct 7, 14, 21 and 28

9am-9:50

Fountain Lakes Activity Room

Taught by Stacey Lima

4 week session \$48 pre-registration

(5 person minimum) Drop-ins \$15 per class

Fall Session #2

*Wednesdays Nov 4, 11, 18 and **Dec 2***

To register please email: Janet Hildebrand

forestridgeshores@gmail.com

We are abiding by social distancing rules and will be comfortably spaced at least 6 feet apart. In addition, if you choose to wear a mask you may although it is not