

# Fall 2008

## Yoga Classes

### **Drop in** **SUNDAYS 4:40-5:40 pm**

- Aug. 24
- Sept. 7, 14, 28
- Oct. 5\*, 12, 19
- Nov. 2\*, 9, 16, 23
- Dec. 7\*, 14

### **Kid's Yoga – Please sign up** **SUNDAYS 4:00-4:30 pm**

- Sept. 7, 14, 28
- Oct. 5, 12, 19

\* NEW - Senior Focus Yoga 55 +  
1st Sunday of the month beginning in October  
SUNDAYS 4:40-5:40 pm Oct. 5; Nov. 2; Dec. 7