



YOGA & MEDITATION CLASS SCHEDULE

MONDAYS
AT 3:00PM

Monday Meditation

Location: *City Hall 125 N. Main Street*

Start your week out with a 45-minute class focusing on breathing, words of affirmation and centering our busy minds.

WEDNESDAYS
AT 3:00PM

Wednesday Wellness Yoga

Location: *170 N. Main Street*

This 45-minute all-levels yoga class focuses on stretch, flexibility and core discipline.

Class Preparation:

Dress comfortably, wear loose clothing, bring a small towel and yoga mat.

Class Sizes Are Limited to 10

Register at: COM-FITNESS.com

