

**SPECIFICALLY DESIGNED FOR:
EDUCATORS, HEALTH CARE AND
FIRST RESPONDERS**

YOGA/STRETCH & STRESS-RELEASE CLASSES

FRIDAYS

NOV. 5, 12 @6:30PM

SUNDAYS

NOV. 7, 21, 28 @5:30PM

SUNDAYS

DEC 12, 19 @5:30PM



**WITH CERTIFIED INSTRUCTORS
AT ENERGY PILATES FITNESS YOGA**



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