

*New
Time Slot*

Wellness *Journey*

Start your wellness journey! Improve your strength and flexibility while releasing tension with yoga. At the same time, you will relax and find your inner balance as you practise mindfulness. Hone your mind and body through the yoga classes with the instructor's guidance.

Yoga Class

| Instructor: **Brenda** | Time: **Saturday, 7:00pm to 8:00pm** |
| Fees: **4 sessions • Member \$218.00 w/GST • Guest \$239.80 w/GST** | Venue: **Aerobics Room** |

This class requires a minimum number of participants to commence.