



FABULOUSLY FIT... WITH GUIDED MEDITATION COOL DOWN

WHEN:

**JUNE 17
JULY 15
JULY 29
AUGUST 12
AUGUST 26**

- **WHERE: TENNIS COURT**
- **TIME: 10:00AM**
- **WEAR: COMFORTABLE CLOTHING FOR MOVEMENT**
- **BRING: YOGA MAT OR POOL TOWEL**
- **COST: \$10.00 /PERSON/CLASS PAID TO THE INSTRUCTOR**
- **ALL CIRCLE GREEN RESIDENTS, AND THEIR GUESTS, WELCOME**
- **ACCOMODATES ALL FITNESS LEVELS**
- **NO PRE-REGISTRATION NEEDED**

Classic 30 minute exercise class format and
15 minute relaxation ending focus

Any questions, contact Barb Fullman, F4 484-459-2590