

FLOW YOGA

@ Crestwood Fitness



Try Yoga right here in your workplace. Improve posture from sitting all day, increase energy, core strength and flexibility.

MONDAYS

**4:35 to
5:30pm**

**April 29 to
May 27th**

No class May 20th

Once a week for 4
weeks,

\$40.00 plus gst members

\$5 more for non-
members

Class size limited to 12

Please bring your own
yoga mat and towel.

email

crestwoodfitness@curtishealth.com to reserve
your spot.