

Wednesdays in June

Ageless Level 1 & 2

9:00 AM

**Anatomy Themed and
Therapeutically Focused Classes**



Watch for dedicated practices in the following classes:

Wed, June 7 – Breath with Mary Lou

Wed, June 14 – Shoulders with Kim

Wed, June 21 – Balance with Mary Lou

Wed, June 28 – Low Back with Carolyn

