



ROLL OUT THAT YOGA MAT!

For a Limited Time...

\$50 to Enjoy Six Weeks of Yoga

beginning June 21

or only \$10 to Drop-In per Class!

please contact Beverly Jund, RYT at 904.537.6354 for any questions

Whether you are new to Yoga or a daily practitioner - All Levels are Welcome!

date

EVERY MONDAY

location

**KING & BEAR
AMENITIES CENTER**

time

6:30PM

Before starting a new exercise program, please consult your doctor. Yoga has been proven to help relieve stress, increase positive thinking, and boost overall health and wellbeing. What are you waiting for?