



# ***GENTLE YOGA***

**TUESDAY & THURSDAYS | 10:45-11:15AM**

**FREE TO MEMBERS / \$36 NON-MEMBERS**

**(COST PER 6-WEEK SESSION FOR EACH WEEKDAY SESSIONS REGISTERED)**

*GENTLE YOGA IS A SLOW PACED, WELL SUPPORTED,  
& NURTURING CLASS. FOCUS WILL BE ON BALANCE,  
RANGE OF MOTION, & FLEXIBILITY.*

**INSTRUCTOR: AUBREY GRAEVE**