

# Beginning Yoga

Due to popular demand, we have added two (2) new Beginning Yoga classes to our schedule. Please see the following.

## Mondays

5:30 pm

(Conf rm D, sign up required)

**New 6:30 pm** (*begins Monday, 2/20*)

(Conf rm D, sign up required)

## Wednesdays

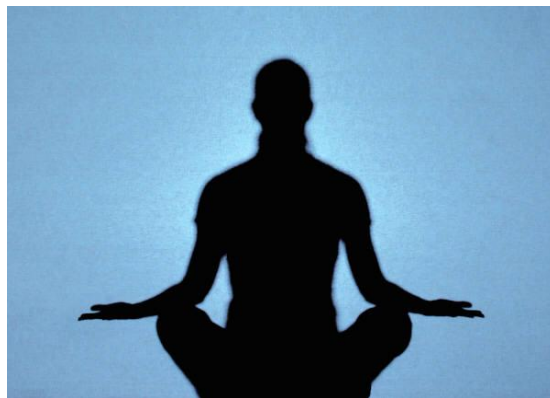
5:30 pm

(Conf rm D, sign up required)

## Fridays

**New 5:30 pm** (*begins this Friday, 2/10*)

(studio A, no sign up)



  
**Lifeworks**  
*of Southwest General*