

# **WOODBINE RECREATION COMMISSION**

**INVITES YOU TO PARTICIPATE IN  
FREE FALL YOGA CLASSES**



**We have added new session dates.  
Please come and experience the benefits of  
Yoga for yourself!**

**WHEN:** For October – 10/1, 10/8, 10/15, 10/22 & 10/29;  
For November – 11/5, 11/12, 11/19 & 11/26  
For December – 12/3, 12/10 & 12/17

**WHERE:** Woodbine Community Center  
(located at 812 Longfellow Street)

**TIME:** 5:30 to 6:30 pm

Phyliss Schlegel, certified yoga teacher (KYT-500), will lead this class intended for Adults (18 or older) and suitable for beginner to intermediate students.

**Note:** Students should bring your own yoga mat to class and arrive 10 minutes prior to start time.