

## LYMAN PARKS AND REC:



STRONG BODY....PEACEFUL MIND  
A HEALTHY WAY TO FITNESS

True fitness and well-being begin with our state of mind.

Quieting our mind as well as working with our body through breathing, stretching, building muscle and core strength will yield great health benefits.

I invite you to join me Monday for a combination of Gentle Yoga stretching/poses and core building Pilates. This is a gentle level practice although deeper modifications will be offered.

**Monday Evenings: 5:30-6:30**

**Cost: \$60 (6 classes)**

**Please bring a mat..props will be provided**

**Lyman Community Library - Activity Room**

**Call Cecilia to register/reserve a space 207-590-9797**

**Drop in rate - \$12 -Preregistration is required and class held if enough participants**

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**Classes beginning October 21st**