

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

6 week session begins January 6th