



# ***An Introduction To Yoga***

**Thursday, November 14  
7:00 – 8:00 P.M.**

**Mind Body Studio**

***As with most live group fitness classes, this drop-in class is part of the RAC membership experience with no fees or sign up needed. Feel free to attend Sunday's Gentle Yoga at 5:00 P.M. as an alternative introductory yoga option.***

