



**NEW YOGA  
OFFERING**

# ***Yoga for Athletes*** ***Wednesdays***

***10:15 – 11:00 A.M.***

***Mind Body Studio***

***Instructor: Jessica Goates, 200 RYT***

***First class is Wednesday, September 25***

**A 45 minute drop-in yoga class with the goal of improved flexibility and range of motion for athletic performance. Whether you walk around the block, train for marathons or just want to try yoga, this new yoga class is a great option.**