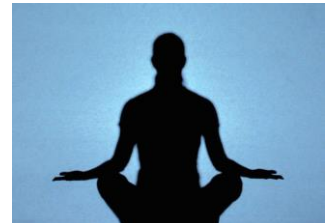




YOGA

IN THE PARK!



HODGKINS-CURTIN PARK

STARTING SEPTEMBER 7TH, 2017

(SEPTEMBER 7TH, 14TH, 21ST AND 28TH)

JOIN US ON THURSDAY MORNINGS!

A GOOD WAY TO START THE DAY!

THIS IS A CLASS FOR ALL LEVELS.

- ✓ Easy-to-follow program lets you Stretch and relax.
- ✓ It's an invigorating, community-oriented yoga class that will make you feels fresh, and most of all, exhilarating!
- ✓ Yoga provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

Thursdays 9:00am – 10:00 am

Hodgkins-Curtin Park (Next to traffic and parking)

(Class will be inside during bad weather)

Free for 4 weeks.

RSVP or for more information contact:

Chris at 617-625-6600 ext. 2300



**Funding Provided by:
The Somerville Cambridge Elder Services**