

MAT YOGALATES

at the John Trudell Community Center

**THE PERFECT BLEND OF
YOGA AND MAT PILATES**

FRIDAYS

9 - 10 AM

starting March 6th



**BRING YOUR MAT
& WATER BOTTLE**



**\$10
PER
CLASS**

**REGISTER AT
LHP.RECDESK.COM**

**ADVANCE REGISTRATION IS REQUIRED
FOR INFORMATION 954-784-3439**

