

BEACHWOOD MAYOR'S WELLNESS CAMPAIGN

presents



This program is an upbeat class. Yogalates with a twist, add the weights (or not), with the mat work and music, you will sculpt and tone without even realizing it. **Modifications for beginners are offered.** This class will get your heart rate up and then relax you down to **Savasana**. The program marries both the fitness buff with the Yoga enthusiast. Join us and see what all the **celebrities** are raving about. Weights are provided. You are welcome to bring your own weights. No more than 5lb weights please.

LOCATION: The Mayo Park Center in Beachwood

DATES: Monday evenings at 7:30
October 1st thru December 17, 2018

PRICE: ONLY \$45 FOR 12 CLASSES

PLEASE BRING A MAT
WALK IN'S ARE WELCOME \$5. EXACT CHANGE PLEASE

Registration forms available at:

Beachwood Borough Hall, 1600 Pinewald Rd.

www.beachwoodusa.com or visit our Facebook Page

IF SPOTS ARE STILL AVAILABLE, YOU CAN REGISTER OPENING NIGHT

For more information, please contact groma@comcast.net



*Beachwood
Mayors Wellness Campaign
Putting our community in motion*