



September



Morning Yoga

**Sundays &
Thursdays**

WITH
ANNA

FREE TO ALL W-R ADULT RESIDENTS!

SUNDAYS 8-9 A.M. 9/8, 9/15, 9/22, & 9/29

**THURSDAYS 10:30-11:30 A.M.
9/5, 9/12, 9/19, & 9/26**

****BOTH CLASSES AT THE CIVIC CENTER**
(495 HIGHLAND AVENUE)**

Please wear comfortable clothing, refrain from eating 2 hours before class, bring water, and as always, please get the ok from your physician before beginning any new exercise program. Class will start promptly.

