

YOGA OVER 50

With Kathy DeFreitas

**Tuesdays and Thursdays
3:30pm ~ 4:30pm**

Join *Kathy* in this unique class for active adults over 50. Learn how Yoga can improve strength, flexibility & joint health, relieve lower back pain, lower blood pressure and increase over-all energy levels.

No experience necessary


THE CLUB AT
PRESCOTT LAKES