

# 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