



Find your Inner Zen with Wednesday Yoga Classes
Join us every Wednesday for a rejuvenating 1 hour Yoga
session suitable for **ALL Levels**

Time: 5:30 pm- 6:30 pm

The Latchford Recreation Centre

Sessions will begin April 17th, 2024

Contact: **Tricia Anderson** to register

Triciaanderson23@icloud.com

Cost is \$10.00 per person ½ Price for Seniors

Please Bring your own Mat and Water