



## **MONDAYS and THURSDAYS**

**Classes start October 1st**

**Trefry Centre, Richards Landing**

### **MONDAYS**

**Mat Yoga**  
**9:30 AM**

**Chair Yoga**  
**11:00 AM**

**NEW  
LOCATION**

**Jocelyn Community Hall**

### **THURSDAYS**

**Warm up with Weights 9:00 AM FREE**

**Mat Yoga**  
**9:30 AM**

**Chair Yoga**  
**11:00 AM**

**Rates: Chair yoga \$5/class or \$50 for full session**

**Mat yoga \$15 prepaid to email OR \$20 drop in**

**for more info or to pre-register:**

**[yogaonthemovewithkerry@gmail.com](mailto:yogaonthemovewithkerry@gmail.com)**