

Spring Yoga and Fitness Classes

Lake Nebagamon Auditorium

11596 E. Waterfront Dr., Lake Nebagamon, WI

March 1 - May 31st

** NO Classes March 29th, April 1st, May 10th & 27th **

MONDAY 10:00-10:45AM

Yoga Flow (ALL levels)

Focus: Sequenced yoga poses

Yoga poses on mat (chair optional for stretching/relaxation)

WEDNESDAY 10:00-10:45AM

Tabata Class (ALL levels)

Focus: Light/moderate weight lifting - Bring your own weights

Chair and standing (mat optional for stretching/relaxation)

FRIDAY 10:00-10:45AM

Gentle Yoga (ALL levels)

Focus: Stretching & Balance

Chair and/or mat

Kerry Kowalik
(218) 461-5355

Drop In \$10 (passes good for any class)
5 Class Pass \$45 or 10 Class Pass \$80