

# Lunch Hour Yoga

at Walnut Terrace Neighborhood Center

## In a rush? Need more energy? Never have time?

This **FREE** 40-minute lunch time gentle Yoga class is designed to give you stress relief and encourage beneficial movement, but it is gentle enough to allow you to go right back to work or run errands without need for a shower! Limited space available, please sign up in advance.

*Wednesdays, 12:30 - 1:10PM*

#191978 May 4-25  
#191979 June 1-22  
#191980 July 13-27  
#191982 August 10-24

*Fridays, 12:30 - 1:10PM*

#191978 May 6-27  
#191979 June 3-24  
#191980 July 15-29  
#191982 August 10-24

