

# YOGA at WMFC

WMFC is now offering a beginner flow class. This will help you build your foundation in yoga. Let's start with the basics, we all need a solid foundation. You don't need to be able to touch your toes, you just have to be willing to try!

## When:

Monday: 6:00 p.m. - 7:00 p.m. ( Family Friendly)

Thursday: 5:30 p.m. - 6:30 p.m. (Adults ONLY)

**Where:** WMFC (4011 W Isabella Rd, Shepherd MI, 48883)

**Cost:** \$2/per person or unlimited with the WMFC fitness membership of \$15 per month if under the age of 60. Free to seniors over the age of 60 once you register for a fitness membership with us.

**Please check in and pay at the  
Welcome Center before each class.**

For more information  
or questions please  
contact Chelsea at  
989-832-3256.

**Certified Yoga Instructor: Terri Ullery**

**WMFC Website: [wmfc.org](http://wmfc.org)**

**Find Terri on Facebook: Yoga and Chakra Cleansing with Terri**

