

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:

Thursday: 5:30pm-6:30pm (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
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

Find her on Facebook: Yoga and Chakra Cleansing with Terri

