

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 evenings 5:30pm-6:30pm

(additional class time will be considered as the class progresses)

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.**

Class will begin Thursday, February 16th.

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

Certified Yoga Instructor: Terri Ullery

WMFC Website: wmfc.org

