

Are you racing to the gym at 5pm to slam weights and pound a treadmill, only to go home sweaty and exhausted?

Stop the madness!

Yoga After Work

Wednesdays, 5 – 6 p.m.
Building L2, Classroom 3



Beginners welcome!

This class is suitable for everyone -- flexible or not.
You will leave strengthened, refreshed and rejuvenated.

No special equipment needed.

Wear loose, comfortable clothes and be barefoot
For your comfort, please don't eat 2 hours prior to class.

For more information, call Lee Manale at 2-7394.

