

**Join Us For
Yoga at Gold Medal!
Mondays through February 12th**

Mondays at 10am in the Gold Medal MOG (Medically Oriented Gym)
With Kristine of Inspire Me Consulting
<https://inspiremeconsulting.services/>

All are welcome, so be sure to share with family and friends!
Please join us for traditional gentle yoga, whether you are a new to yoga or have
been injured and want to slowly get back to your practice. Classes will be semi-
private offered in a small group setting. All levels are welcome, please bring water
and your own yoga mat.

6 weeks of yoga every Monday at 10:00 AM
(**\$14 per class**)
Payment (check or cash only)

DROP INS WELCOME !!

