

**Join Us For  
Yoga at Gold Medal!  
Mondays through February 12<sup>th</sup>**

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 !!***

