

# Join Us for Yoga at Gold Medal!

## Mondays & Wednesdays

### Starting April 16

**Time: Mondays & Wednesdays 10am**  
Gold Medal MOG (Medically Oriented Gym)  
In Bel Air – 407 E. Churchville Rd.

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 or Wednesday at 10 AM**  
**April 16 through May 23**  
**\$84 (\$14 per class)**

*Contact Kristine to sign-up!*

*[kristine@inspiremeconsulting.services](mailto:kristine@inspiremeconsulting.services) or 508-922-3616*

*Payment (check or cash only) due by the first class.*

**Space is Limited**

