

# **Join Us for Yoga at Gold Medal!**

## **Next Session starts Monday February 26**

**New Time: Mondays 11:15am**  
Gold Medal MOG (Medically Oriented Gym)  
In Bel Air – 407 E. Churchville Rd.

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 11:15 AM**  
**\$84 (\$14 per class)**

*Call the office or email [kmartin@goldmedalpt.com](mailto:kmartin@goldmedalpt.com) to sign-up!*  
*Payment (check or cash only) due by the first class.*

**Space is Limited**  
**Sign up today to reserve your spot!**

