

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 to sign-up!
Payment (check or cash only) due by the first class.

Space is Limited
Sign up today to reserve your spot!

