

# Join Us for SUMMER Yoga at Gold Medal!

## *Tuesday Evenings*

### Starting June 19

**Time: Tuesday at 6pm**  
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.

**8 yoga sessions Tuesdays 6:30 pm**

**\$112 / \$14 each / drop ins \$16**

**June 19, 26**

**July 10, 24, 31**

**August 7, 21, 28**

*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**

