



Carroll County Community Center

Physical, Mental, and Spiritual Health

YOGA



Flexibility....Relaxation....Enjoyment!

Classes are every....

Wednesday 1-2:30 pm

&

Saturday 8:30-10 am

Daily fees are \$6 members/\$7 non-members

Or buy a punch card.....

Members: \$30/6 Classes or \$60/12 classes

Non-members \$36/6 classes or \$72/12 classes

Come to relax, gently stretch your muscles and become more flexible....

Learn how to quiet your mind and ease the soul....

Instructor: Debbie Lowe