



## Venue at Woodlands



### Gentle Chair Yoga And Stretch w/Doreen

*Relax your body and mind, relieve stress, build strength and stamina. Improve flexibility, balance and increase concentration and focus. Includes seated and standing poses. Men and women welcome!*

**JULY-AUGUST**

**Thursday @ 11:00AM**

**(Make-up 7/3)**

**Class dates: 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28**

**8 weeks: \$48.00**

***This class will be held in Aerobics Studio***

**(8 person minimum)**

**Questions:** Contact Marie Wedgeworth at 908-770-8653 or [wedge08506@yahoo.com](mailto:wedge08506@yahoo.com).

**Register:** 1) Give check payable to "Clark Fitness" to instructor or 2) register online at [www.Clarkfitness.com](http://www.Clarkfitness.com).

**Cancellations:** Inclement weather cancellations will be listed on the [www.Clarkfitness.com](http://www.Clarkfitness.com) home page.

**Important Updates:** To be added to the message system, text Venue to the number 732-344-4578

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Venue at Woodlands  
Phone:

Name:

Email address:

I am paying for these classes: