

YOGA



Lehigh Township Municipal Building
Every Wednesday at 6 PM
Beginning Oct. 2

What's your goal?

Weight Loss?

Stress Management?

Increase Energy?

Balanced Metabolism?

Circulation?

Flexibility?

Toned Muscles?

All 7 may be your goal.

Come join us for an hour toward better health.

Wednesdays at 6 PM. Starting October 2nd

Drop In fee \$5.00

Some mats available

Presented by the
Lehigh Township
Recreation
Commission