

LINDA'S YOGA MOTION



30 minutes of low-impact aerobic movements followed by 30 minutes of Yoga stretch in standing, sitting, & lying positions.

***This class is a BLAST for beginning to advanced Yogis—
Everyone is welcome!!!***

WEDNESDAYS @ 10:30 AM

FRIDAYS @ 3:00 PM

Indian Shores Town Hall Auditorium

19305 Gulf Blvd., Indian Shores, FL 33785

(3 blocks north of the Park Blvd. Bridge, next to Salt Rock Grill)

\$4 PER CLASS * FIRST VISIT FREE!

TO REGISTER: Contact Linda Coppola (727) 599-7049

Equipment needed: Comfortable workout clothes, a Yoga mat, small towel and water.

STRENGTHENS!

TONES!

ENERGIZES!