

Nisqually Health Fitness Nutrition Program

SEPTEMBER YOGA SCHEDULE

Breathe, stretch, strengthen and relax ...

Increase flexibility, strength, balance and overall relaxation. Our beginning level yoga class is taught by Michelle Pugh, certified yoga instructor. No experience is necessary!



◆ **Tuesdays at Noon** ◆
weekly at NYCC

◆ **Thursdays at Noon** ◆
September 7th and 21st at NYCC

◆ **Thursdays at Noon** ◆
September 14th and 28th at BFCC

Contact Kareem Gannie, Health Coach at the NYCC 360.455.5213