

Mind & Body

Session 2 October 19- December 6

Yoga

Morning: 7:00-8:00am

Mon/Wed w/ Crystal

Sun 12-1:00pm w/ Steve

Lunchtime: 11:30-12:30pm

Tues/Thu w/ Marika

Sun 12-1:00pm w/ Steve

Evening: 5:30-6:30pm

Tues/Thu w/ Amy

Sun 12-1:00pm w/ Steve

Yoga \$85 per session (members)
\$124 per session (non-members)

Karate \$60 per session

Karate

Mon/Thu 7:30-8:30pm

In Wrestling room

w/ Elias & Nick

Limited space is available for each class.

Minimum registration of 14 is required.

Sign up soon @ the JFC front desk!

No Class 11/23-11/29