



OM...

*Get out & play!*

# YOGA PILATES & MORE

**CLASSES RUN 01/08 – 03/16/17**



Hour-long sessions  
10 weeks  
For those age 15+

#### LOCATION



Norfolk Fitness & Wellness Center  
7300 Newport Ave.  
Norfolk, VA 23505

**REGISTRATION BEGINS 12/04**



Visit [norfolk.gov/goodtimes](http://norfolk.gov/goodtimes)  
\$25 for residents  
\$38 for non-residents

## INNER PEACE. AFFORDABLE PRICE.

- INTRO TO YOGA
- YOGA 1
- YOGA 2
- YOGA 3
- YOGA WITH FLOW
- DEEP STRETCH
- PILATES® I
- PILATES® II
- PILATES®, CORE & MORE