



BEGINNER'S YOGA CLASSES

Let's Get Twisted!

Join us! \$8 a class. Pay for 3 classes in advance and get a 4th class for free. Grab your mat, a drink, and some comfortable clothes. A terrific way to add to your health and exercise routine.

THURSDAY NIGHTS
AT 6PM, 1 HOUR
CLASS, STARTING
MARCH 16TH

GREAT WAY TO
UNWIND!

GAIN FLEXIBILITY

TONE MUSCLES

INSTRUCTOR:
CHRISINDA LUKENS

THE NATURAL
CONNECTION
WELLNESS CENTER

313 4th Street
(corner of 4th and Mifflin)
Huntingdon

Huntingdon Health and
Wellness Association