



# BEGINNER'S YOGA CLASSES

## Let's Get Twisted!

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

Huntingdon ProCare Fitness and HHWA member special: Only \$7 per class. Just tell the instructor that you are a ProCare Fitness or HHWA member!

MONDAY AND  
THURSDAY NIGHTS  
AT 6PM, 1 HOUR  
CLASS

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GREAT WAY TO  
UNWIND!

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GAIN FLEXIBILITY

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STONE MUSCLES

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INSTRUCTOR:  
CHRISINDA LUKENS

THE NATURAL  
CONNECTION  
WELLNESS CENTER

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

Huntingdon Health and  
Wellness Association