

# YOGA FOR CORE STRENGTH AND STABILITY *with Paula Stanton*



SATURDAY, OCTOBER 14 • 9 A.M. - 12 P.M.

Class Limit: 30 | Fee: \$30

*Join Paula for fresh, creative exercises to strengthen and firm the muscles in your core. You'll also learn new techniques for building stability with standing poses and arm balances. This class is for beginner and experienced yogis.*

For questions or to sign up, please visit the Member Services Desk.



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