

Experience Yoga at the Chain O' Lakes Complex

Gentle Yoga

Relax and Unwind

Tuesdays, 10 a.m.

Beginners & Beyond Yoga

Suitable for all Ages and Levels

Wednesdays, 5:30 p.m.

Power Flow

Rigorous Total Body Workout

Thursdays, 10 a.m.

Classes start week of January 23



WINTER HAVEN
The Chain of Lakes City

**It Starts
in Parks**

Classes are \$8 for Residents and \$9 for Non-residents.

Monthly unlimited passes are available for \$40 for Residents and \$50 Non-residents.

For more information, call 291-5656 or visit www.mywinterhaven.com/leisure_activities.htm

The City of Winter Haven does not discriminate against any person or group on the basis of race, color, national origin, sex, age, disability, religion, income or family status. Persons with special needs should contact Leisure Services' Division at 863-291-5656.