

NEW FLEX AND STRETCH CLASS

COME AND JOIN US AND
MAINTAIN YOUR FLEXIBILITY

THIS CLASS IS BEING OFFERED TO
ALL MEMBERS OF SUNRISE
\$15.00 PER CLASS

DAY AND TIME:
WEDNESDAYS FROM
10:15- 11:00 A.M.

CLASS TO BEGIN,
WEDNESDAY, JANUARY 6, 2010

A MINIMUM OF 8 WILL BE REQUIRED
TO BEGIN CLASS.

BRING YOUR YOGA MAT OR LARGE TOWEL

FOR MORE INFORMATION AND
TO SIGN UP FOR THE CLASS
CALL MARSHALL CHAPMAN

760-408-6511

