



## **NEW** Zen Fit



Each new progressive program will begin on the first Monday of January, April, July, and October, twice weekly.

Each past, present, and future participant will benefit from not only maintaining or gaining flexibility, strength, coordination, and balance, but will end the class with a moment of total relaxation for mind and body.

Understanding that everybody is unique, there will always be modifications or levels that will suit each individual, so although it is advised to begin each program in its first week, you should never feel the class will be out of your depth if you join later in the program.

The current program will end the week of the 10th of December.

***Please come and join us for this unique experience!***



**Mondays 19:30-20:30**

**Fridays 09:30-10:30**