

The Gloucester Senior Adults' Centre
(above the Earl Armstrong Arena)

Is offering an evening

Mat Yoga Class

Starting January 9, 2012

Ending March 19, 2012

(No Class on February 20 "Family Day")

From 7 pm to 8 pm

Cost: \$60 for members of GSAC

\$90 for non-members of GSAC

**Becky Bowes offers this Mat Yoga
class to those able to move
comfortably on the floor.**

(Register at GSAC or call 613-749-1974)