

**ADULT FITNESS: Intermediate Yoga**

Flexibility, strength, and stress relief are just a few of the benefits of yoga. This class will include some more challenging poses, helping students advance to the next level in their yoga practice.



**Instructor:** Cheryl Grandon, SJC parishioner

**Date:** Wednesday, February 15

**Time:** 6:15—7:30 PM

**Location:** Brindle Hall

**Fee:** \$6

*Pre-registration is recommended. "Drop-ins" will be accommodated as space allows.*

*To register, submit the form below to the parish office or call Mary Vukelich at 766-9433.*

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**ADULT EDUCATION REGISTRATION FORM  
Intermediate Yoga**

**Name** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Fee enclosed** \_\_\_\_\_ (payable to St. Joseph Church)