



NEW CLASS! POWER YOGA

**JOIN US FOR
AN INTRO CLASS
ON TUESDAY, JANUARY 28,
FROM NOON-1PM!**

Get your blood flowing with Samantha! Work on building strength, breath connection and endurance. Each class will focus on these areas: upper body, core strength, legs, and balance!

DAY: Tuesdays | Starts February 25
TIME: Noon-1pm
LOCATION: Studio 1
COST: Free for Y members

WHATCOM FAMILY YMCA
1256 N State St, Bellingham, WA, 98225
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