

# Power Vinyasa Flow Yoga New Session to begin 2 April

Instructor: April Mauger

*What to expect:  
This is a vigorous  
practice that is suitable  
for all levels of yoga  
experience. This is an  
aerobically challenging  
class that builds  
strength and flexibility.*

**Cost: \$25 for 8 Classes or  
\$5 drop in fee;  
Pay instructor with exact change.  
Class Days- Monday & Wednesday  
April 2, 7, 9, 23, 28, 30,  
& May 5 & 7**

**Time: 0900 to 1000  
Place: Ida Lewis A**

**Please make payment at the MWR Office prior to  
the first class.**

Please note that unused classes expire the last day of the session.