

Canned Food Drive!!!

To Benefit New Hope Pantry
In St. Charles

4 canned goods = free Yoga class

Or: 2 canned goods = 1/2 price class (\$4)

Classes are all ongoing! Join in anytime!

Canned Goods Drive ends Dec. 14th, 2009

Benefits to Yoga = Increased Stamina and Tone your Core!

Classes Held in New Town Fitness Center

(Membership not required to attend Yoga Classes)

Saturdays: Open Levels

10:00am - 11:00am

Monday - Beginner - Level 1

6:30pm - 7:30pm

If you have questions, please call Mary Francis Hoffman at 314-443-0206

Or check website: www.body-mindlife.com