limber

November Class Schedule

Sun	Rest & Renew Yoga · 4:00 pm Nov 8 only
Mon	Menopausal Strength · 6:00 am Qigong · 9:30 am Deep Stretch · 12:00 pm
Tue	Strong Bodies · 9:00 am
Wed	Menopausal Strength · 6:00 am Spinal Mobility for Seniors · 9:30 am
Thu	Strong Bodies · 9:00 am Limber Strength · 12:15 pm
Fri	Deep Stretch · 12:00 pm

No classes Thursday, Nov 26 · Happy Thanksgiving

Register at limberwell.com

256 US Route 1, Falmouth, ME
(207) 899-0727