



# Yoga Fusion

For Active Adults 55 and older

The best of Yoga, weight training, Pilates, and cardio all rolled into one for a total body, intense fat-burning, and muscle toning, core-strengthening workout!

Registration opens  
on  
Mon., Aug. 19<sup>th</sup>

## Mondays

## 10:00 a.m. – 11:00 a.m.

**\$44 for Township Residents; \$88 Non-Residents**

(11 classes this session.)

*Dress in layers of loose fitting clothing. Wear flat sneakers with very little tread or a soft soled shoe.*

### **Fall 2019 Schedule**

9/9, 9/16, 9/23, 9/30

10/7, 10/14, 10/21, 10/28

11/4, 11/18, 11/25

**NO CLASSES ON 9/2 AND 11/11**

The upcoming registration and the next session to be determined.

*Please consult with your physician regarding your ability to participate before registering for this or any other exercise class.*

On-line registration is available at 8:30 a.m. on the registration date at [FRANKLINREC.ACTIVITYREG.COM](http://FRANKLINREC.ACTIVITYREG.COM). In person registration at the Center is also available.

