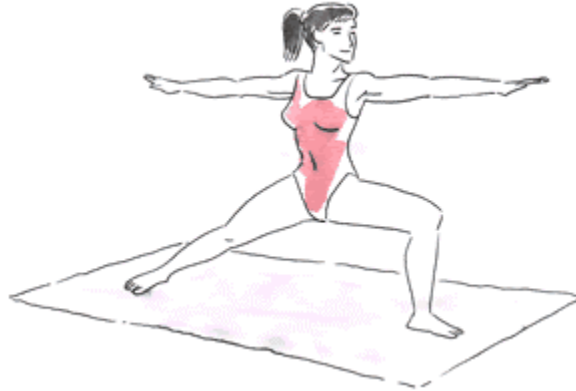


Hatha Yoga with KELLY

Beginners are Welcome!



Mondays 8:00pm – 9:00pm-COED

Tuesdays 6:00am – 7:00am

Wednesdays 7:30pm – 8:30pm

eight-week sessions

\$32 for Members

\$59 for Non-Members

\$10 per class for “Drop-ins”

Yoga Mats & equipt. are provided

Results Spa & Fitness Studio

16142 S Cicero Avenue

Oak Forest, IL 60452

(708) 687-6606

Yoga is not just a workout - it's about working on yourself.

-Mary Glover, author