

STRETCH & STRENGTHENING

with CLAIRE-DEE LIM



For a Stronger, Fitter, Flexible & More Aligned YOU!

New Times as of May 8 & 10

WEDNESDAYS 9:00 -10:15 am

FRIDAYS 10:30 -11:45 am

OPEN SPACES YOGA CENTER
www.openspacesyoga.com • (928) 940-0996

