

YOGA

- Our class is inclusive of all abilities.....
- Chair and Wheelchair friendly....
- Peace with exercise for mind and body....

Class time: Tuesday Morning
11.15am

Keilor Sports Club, Old Calder Hwy,
Keilor.

Cost: \$5.00 per session

(Membership to our Club is a requirement after 3rd attendance.)



Convener Contact: Glenys Adams 0414 757 632