



YOGA / KETTLEBELLS

Location: Shelby City Park
(Aerobics Room)

When: Monday and Wednesday
(Starting January 9, 2017)

Times: 5:45pm-6:45pm

Cost: \$5.00 a class or \$20.00 a month

Instructor: Sue Reinhardt

Other Info: Looking for a new way to sculpt? Vinyasa style flow class combined with kettlebell drills will give sculpt a new meaning. Creates a lean physique and gain balance and body strength; yoga flows done in 60 minutes yoga mat and water required. All levels welcomed men and women.

Visit: www.cityofshelby.com

