



Warm Water "Pool Yoga"

*held in Avera's Warm
Water Therapy Pool*

Fridays

5:45-6:30am

Instructors:

Jeannie Nold & Bruce Kleinsasser

Adding another class starting

Monday, Sept. 14th

Mondays

6:00-6:45pm

Instructor:

Julie Lovrien

Open to all Plus members

*Come enjoy gentle yoga in the warm water
to de-stress from your busy schedule!*