



Warm Water "Pool Yoga"

*held in Avera's Warm
Water Therapy Pool
Offering 2 different times...*

**Friday mornings*

5:45-6:30am

Instructor:

Jeannie Nold

**Monday evenings*

5:30-6:15pm

Instructor:

Julie Lovrien

*Time change~
30 min. earlier
Starts Jan 4th*

Open to all Plus members

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