

Revitalize Your Workdays:

Join the Wellness 2024 Wave

**FREE WEEKLY EXERCISE CLASSES
STARTING IN THE NEW YEAR.**

**THURSDAY'S BEGINNING JANUARY 4TH
1:00 PM - 2:00 PM • POWELL GYM**

**WE ARE STARTING THE MONTH OF JANUARY WITH YOGA
SO IF YOU HAVE A MAT, PLEASE BRING IT WITH YOU.
NO NEED TO SIGN UP, JUST SHOW UP!**



FOR MORE INFORMATION CONTACT

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