



DECEMBER 2017 SCHEDULE

Mondays: Freedom Fitness, 290 North Grand Mesa Dr., Cedaredge
5:15-6:30 pm: Mixed levels yoga. Let go of the stress of the day! Start your week with energy and focus! \$10 drop in fee

Tuesdays: Freedom Fitness, 290 North Grand Mesa Dr., Cedaredge
9-10am: Chair Assisted Yoga for Men: Basic stretching done seated and with chair support. Learn tips for balance and have fun, too!
This one's for you, guys!

10:30-11:45 am: Beginners' easy stretch, balance and relaxation. For those with arthritis, injuries or just plain out of shape! Learn balance skills and prevent injuries. Perfect for Seniors!
\$10 drop in fee

Wednesdays: New class! At the Grand Mesa Oncology Center, just north of the Delta County Memorial Hospital off Stafford Lane.
5:15- 6:30 pm Yoga for a healthy back, agility and balance. An all levels class for stress release, strength and relaxation. \$10 drop in fee

Thursdays: Freedom Fitness, 290 Grand Mesa Dr, Cedaredge
10:30-11:45 am: Yoga for agility and balance.
A mix of therapeutic stretching for hips, shoulders and low back plus yoga flow and movement routines for agility. \$10 drop in fee

New Class! Grand Mesa Oncology Center, just north of Delta County Memorial Hospital, off Stafford Lane in Delta
5:15-6:30 pm: Beginners' easy stretch, balance and relaxation. For those with arthritis, injuries or just plain out of shape! Learn balance skills and prevent injuries. Perfect for those in recovery!
\$10 drop in fee