

## NEW CLASS AT HEALTHY ARTS—ROCKIN' FLOW



October 31, November 7, 14, 21, 28

Mondays 9:00-10:00 AM

Cost: \$8 per session X 5 classes = \$40

Start the week off right with a class filled with fun music and easy dance moves to kick-start your metabolism, followed by a series of flowing yoga moves to build strength and flexibility. Appropriate for beginners and beyond. Wear comfortable clothing and sneakers. Yoga mats will be provided.

Instructor: Leiana Hilton

Minimum enrollment: 5 people

Maximum enrollment: 10 people

### HOW TO ENROLL

To save your space in class, call NOW to enroll at 467-3220. Payment for the session is due by Thursday, October 27th. To make payment you may stop by the office at 120 N. Main St. (across from the court house) or call in with your credit/debit card number.

Questions? Call us at 467-3220 or email us at [healthyartspt@yahoo.com](mailto:healthyartspt@yahoo.com).