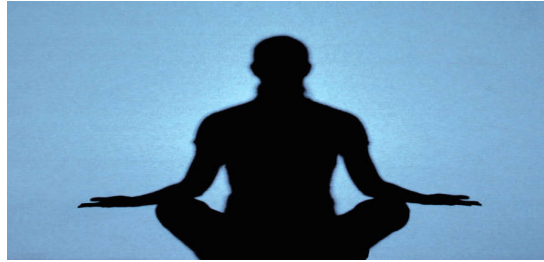


YOGA AT COTTAGE CENTER

3097 COTTAGE WAY
SACRAMENTO CA 95825



**INSTRUCTOR:
ANN WEHRMAN**

Gentle Yoga **GENTLE YOGA**

**SUNDAYS
10:00 – 11:00 AM**

**LEARN THE
FUNDAMENTALS OF YOGA!**

**\$23/Mo. RESIDENTS
\$25/Mo. NON-RESIDENTS
DROP-IN FEE \$10**

YOGA *Intermediate*

**THURSDAYS
6:30 – 7:45 PM**

**DEEPEN YOUR EXISTING
PRACTICE!**

**\$28/MO. RESIDENTS
\$30/MO. NON-RESIDENTS
DROP-IN FEE \$10**

To Register:

- ♥ **Online at www.fecrecpark.com**
- ♥ **By Phone 916-927-3802**
- ♥ **In person at the District office
2201 Cottage Way**
- ♥ **Drop-in with \$10 fee**



**Personal mats are highly recommended.*

**Please register a week
before the start of each
Month to avoid class
Cancellation.**