



La Center Community Education

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YOGAFIT

Instructor: NW Workout Studio, Instructor

For Ages 16* & Up.

Yogafit is a Hatha-based Vinyasa style of yoga, a fitness-inspired yoga program designed to build strength & flexibility.

(Please bring water & wear comfortable clothing you can move and stretch in.)



#8682-26

Mondays 6:30PM

Sept. 24-Oct. 31, 2018

Place: Held at NW Workouts Studio (112 N Main Street, Ridgefield 98642)

*Parental consent required.



Fee: \$59 *(Only 5 spots available in session)*

www.lacenterschools.org

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Last updated – 8/21/2018