



# CLASS SCHEDULE

**TUESDAY & THURSDAY**

**11:30am**

**\$10 per class**

*Gentle Hatha Yoga – All Levels of Fitness*

*Alleviates Stress*

*Relieves Anxiety*

*Increase Muscle Tone & Flexibility*

*Strengthens the Immune System*

*Promotes Peace of Mind*

*Improves Posture*



KINGSLAND HEALTH & FITNESS CENTER  
2132 rr 1431 w 325-388-0733

HOURS: MON - TH 5:30am - 8pm FRI 5:30am - 7pm SAT 8am - 1pm CLOSED SUNDAY

WEIGHT ROOM    CARDIOVASCULAR    AEROBICS  
LOCKER ROOM w / SHOWERS    KIDS ROOM    TANNING