

YOGA FOR HEALTHIER AGING

For ages 55+

SUNDAY, MAY 19TH

3-4:30pm

Location: 2900 S. Quincy Street, Arlington, VA

Stabilize your core

Strengthen your bones

Improve your balance

The
Energy
Club



Taught by
Catha Pavloff
E-RYT 200
RYT 500

Sign up at the Energy front desk or call 703-824-0600!

\$15 for Energy Club members | \$20 for non-members