



# Yoga Fusion

For Active Adults 55 and older

The best of Yoga, weight training, Pilates, and cardio all rolled into one for a total body, intense fat-burning, and muscle toning, core-strengthening workout!

Registration opens  
on  
Thurs., Aug. 22<sup>nd</sup>

## Thursdays

## 10:40 a.m. – 11:40 a.m.

**\$32 for Township Residents; \$64 Non-Residents**

(8 classes this session.)

*Dress in layers of loose fitting clothing. Wear flat sneakers with very little tread or a soft soled shoe.*

### **Fall 2019 Schedule**

10/03, 10/10, 10/17, 10/24, 10/31  
11/07, 11/14, 11/21

**NO CLASS ON 11/28**

The upcoming registration and the next session to be determined.

*Please consult with your physician regarding your ability to participate before registering for this or any other exercise class.*

On-line registration is available at 8:30 a.m. on the registration date at [FRANKLINREC.ACTIVITYREG.COM](http://FRANKLINREC.ACTIVITYREG.COM). In person registration at the Center is also available.

