

SENIOR YOGA

Beginners Welcome



Taught by Certified & Registered Instructor
Sandy Granowicz — (734) 552-1578

Sandy.Granowicz@comcast.net

**ALL CLASSES ARE
DROP IN!**

Tuesdays

&

Thursdays

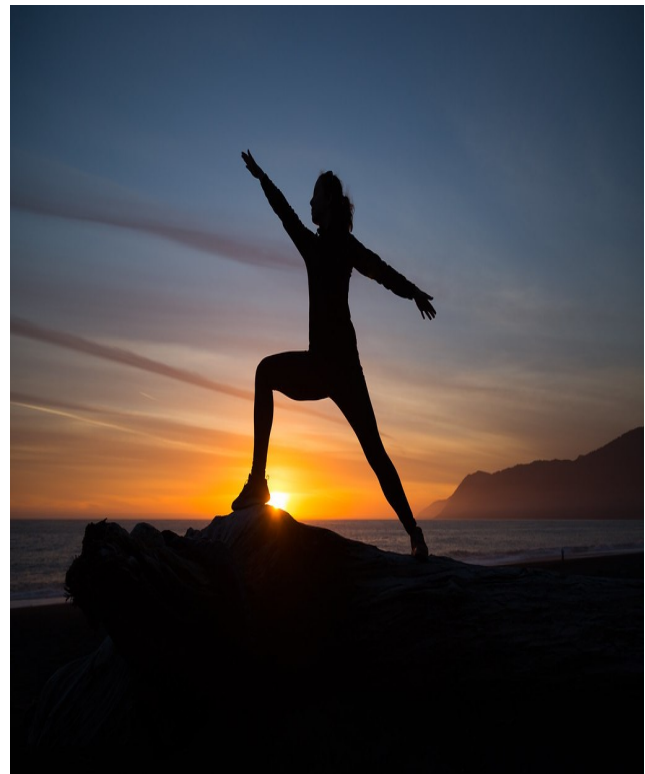
**Richard A. Young
Recreation Center**

10:30 am - 11:30 am

5400 McKinley

**(McKinley at Powers, near the
Eton Senior Center)**

**\$ 3.00 per session,
payable at the door**



FOR ALL CLASSES

**Bring an exercise mat &
Wear comfortable clothing**

Registration not necessary. Come try a class!

Richard A. Young 313-277-7080