



YOGA-FITNESS

Discover the benefit of a workout that combines the physical and mental balance of yoga with the practical elements of a traditional fitness class. The Yoga-Fitness combination reduces the risk of injury and helps reduce stress, lower back pain and tension.

Where: Village of Elwood Community Room
401 E. Mississippi Avenue

Dates: Tuesdays-Feb. 9th through March 30th

Time: 5:30 pm – 6:30 pm

Cost: \$40.00 (8 Week Session)
Optional purchase of 4 classes at a cost of \$20 to be used any time during the 8-week session

**Yoga-Fitness is a great workout for anyone.
Sign up today at the Elwood Village Hall.
401 E. Mississippi Avenue, 815-423-5011**