

FUSION Class

Yoga • Tai Chi • Pilates



GENERATION CARE
Your Health. Our Passion.

Physical • Speech • Occupational • Therapy • Wellness

WHEN:

Starts February 6th
Weekly on Mondays
5:30 PM

WHERE: Generation Care

16760 Lincoln St.— Grand Haven
SW corner of US 31 and Lincoln St.

Monthly cost: \$25

Pre-register for the month!

Email Delanie at:

delanie.monger@generationcare.org

OR Call 616-935-3300

FOR ALL LEVELS OF FITNESS

FUSION Class Description:

This mat class uses the movements of Yoga, Tai Chi and Pilates to create a mind-body workout. All levels of fitness are encouraged and welcome!

Participants will find improvement in balance, leg and core strength.

Registration open now until January 27!

