

FREE HEALTH & WELLNESS

Signal Hill Public Library • 1780 E. Hill Street

with Lacey Marsac, instructor



Wednesdays

October 4, 11, 18, 25 at 9 am

Come learn the basic physical approach of yoga and practice connecting postures, movement and breathing. Improves strength and flexibility, toning, decreases stress, and enhances body awareness. Please bring a yoga mat. Loaner yoga mats are available upon request.



Fridays

October 6, 13, 20, 27 at 9 am

Come learn and work as you let Latin and world rhythms take over. Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Let's have some fun!



Pre-registration required. Limited to 40 participants.
Register by calling 562-989-7323 or visiting the library.



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