

# YOGA CLASSES



**Join us:**

October 15th & 19th  
10:00am–11:00am

**Location:**

*Parent Resource Room #403  
Gifford C.Cole Middle School  
3126 E Avenue I  
Lancaster, CA 93535*

**Instructor:** Merrisa Stern  
*Classes are free*

**Please bring comfortable clothes, yoga mat  
or a towel.**

FOR MORE INFORMATION, CONTACT:  
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