

**HIGH POINT OF HARTSDALE SOCIAL COMMITTEE OF THE C.A.**

# **Interested in taking YOGA classes?**

**Improve your strength, balance & flexibility with classes geared towards your individual needs & ability. Pay as you go for weekly yoga practice.**

**FRIDAYS 11am to 12pm in the 300 Monte Carlo room.**

**\$15 cash per session. Open to all residents of High Point through the Social Committee.**

**Contact Lucy Fisher: #914-815-1156**

