



camdenwellness.org



Camden Wellness



What: (All)

Bliss

Yoga Flow

Cost:

Drop-in: \$15

10 Pack: \$120



When: *Time Change*

Friday 9:00 – 10:00 AM

Class Description/Information:

Thank Goodness It's Friday! Start your weekend with a rejuvenating Yoga class. This class is meant for anyone that is active in their daily life and wants to loosen tight spots and strengthen weak spots. In this early morning Hatha style yoga class we will work on Strength, Stretching and building a strong core.



Where:

*1029 Broad Street
Camden, SC 29020*



Alternating Yoga Instructors

E-mail: mindy@camdenwellness.org