

Gentle Yoga

May 11 - June 29, 2017



8 WEEKS to get you introduced to **YOGA!**

work at your own pace, encouraging atmosphere, let's get started.

THURSDAY'S at 7pm

@ ARCA - 2250 Lindsay St - Upstairs

Pre-Register now

arcaprograms@sasktel.net

Free with community membership



Hula Hoopin'



**Who's ready to join us for
an 8 week adventure?**

WEDNESDAY'S at 7pm

May 10 - June 28, 2017

@ ARCA, 2250 Lindsay St - Upstairs

Pre-Register now! arcaprograms@sasktel.net

space limited, free with community membership