

# Pilates and Yoga-Summer 2016

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## “Get Your Zen On” in Kismet

Classes in KFD Community Hall with ace instructors-  
Stephanie Rogers & Derina Wilson



Monday:	Yoga with Stephanie	11:30am-12:30pm
Friday:	Pilates with Derina	10:15am-11:15am
Friday:	Yoga with Stephanie	11:30am-12:30pm
Saturday:	Pilates with Derina	10:15am-11:15am
Saturday:	Yoga with Derina	11:30am-12:30pm
Sunday:	Pilates with Derina	10:15am-11:15am

Classes begin on June 25 and end Sept 5th . Each session is \$15.

Note-No class July 3, July 4, August 6th, Sept 3rd.

Friday Yoga on July 8th and August 12th will be held at 1:30pm-2:30pm

All Welcome- Beginners to Experts of all ages. Mats provided.