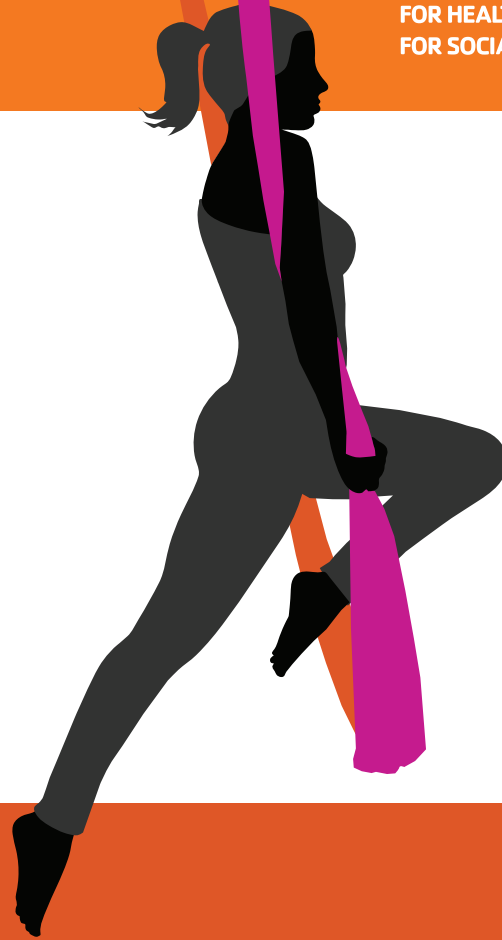




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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AERIAL YOGA

SOUTH ORANGE FAMILY YMCA – GROUP EX STUDIO
SATURDAYS | 1:30PM–2:15PM

SESSION RUNS FROM: APRIL 22–JUNE 23
FEE: \$120/SESSION OR \$15 DROP-IN

Strengthen, stretch, and invert your body in new ways while suspended from the ceiling in an aerial hammock. All levels are welcome. Modifications are available.

FOR MORE INFORMATION SCAN HERE OR VISIT:
WWW.MIDDLETOWNYMCA.ORG/AERIAL-YOGA



IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT MICHELE BERNIERI:
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