

**New to Yoga? Try Your First Class for FREE!**



# Yoga

## After Work



## Join us for Yoga!

**Time: 4:45—5:30 pm**

**Location: Courthouse Auditorium**

**Dates: Mondays & Wednesdays this month,  
starting September 12**

**Cost: \$4 per class; \$20 punch cards are  
available and may be used any time for 5  
classes.**

**Registration: Sign up today by e-mailing  
[wellness@co.wood.wi.us](mailto:wellness@co.wood.wi.us) or calling Renee Fox at  
715.421.8428. Join any time throughout the year!**  
*Arrive 5 to 15 minutes prior to class to complete payment  
and registration. Classes may be cancelled due to lack of  
participation.*



## Relax & Stay Fit



**Beginner, Intermediate, or Advanced—All stages and everyone is  
welcome to attend. Bring a co-worker, family member or friend.**