

# Class Information

**Flow Yoga:** All levels welcome. \$13/class. Meets at the White Mountain Athletic Club  
Taught by Missy Lash

Please bring water & towel to each class & arrive early as classes begin promptly: Some classes may have limited room and/or equipment

Purchase an "Adult Fitness 10 Class Pass" for \$120 at The White Mountain Athletic Club







For more info, please call:  
603-236-8303  
White Mt Athletic Club

The White Mountain Athletic Club  
98 Valley Rd  
Waterville Valley, NH 03215  
(603) 236-8303  
Across from Packards Field

Looking to teach a class? Call us! Let's set something up! Wanted: Instructors

# February 2012

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Flow Yoga 8-9:30am	2	3	4 Flow Yoga 9-10am
5 	6	7	8 Flow Yoga 8:30-9:30am	9	10	11 
12	13	14 	15 Flow Yoga 8:30-9:30am	16	17	18 Flow Yoga 9-10am
19 	20 Flow Yoga 3:30-4:30pm	21	22 	23 Flow Yoga 9-10am	24 Flow Yoga 3:30-4:30pm	25 Flow Yoga 9-10am
26	27 	28	29 Flow Yoga 8:30-9:30am		