



Wellness Works



Yoga Classes

Instructor: Steve Spence, Volunteer Yoga Instructor

When: Tuesdays, 6:30 am – 7:00 am

Where: Environmental/Air Quality Building
1001 North Central Ave.
Basement Group Exercise Studio

Info: Yoga classes are multi-level, beginners are welcome. A variety of yoga practices and routines will be taught.

A Great Way to Start Your Day!

For further information, please contact [Fay Jackson](#) at 602-506-1069 or [Jan Hertzfeld](#) at 602-372-9297.

This Wellness Works activity is approved and brought to you by Business Strategies & Health Care Programs