

EVENING WELLNESS CLASSES



FREE AND OPEN TO ALL ADULTS AGE 55 AND OLDER!

The Center at Spring Street



Monday Evenings

6:00 – 7:00 PM—Yoga

7:15 – 7:45 PM—Pilates

Thursday Evenings

6:00 – 7:00 PM—Yoga

7:00 – 7:30 PM—Meditation

Hatha Yoga Instructor—Fran Wieckowski

Call The Center at Spring Street to register for this class!!

RSVP to The Center at Spring Street by calling 610-367-2313.

www.boyertownareamulti-service.org

Boyertown Area
Multi Service Inc.
Helping People, Strengthening Communities

200 West Spring Street
Boyertown, PA 19512
610-367-2313

The
Center at **Spring Street**