



NEW FALL CLASS SCHEDULE

Adult Self-Defense



Wednesdays 7-8pm

Starting Sept. 13 at the Community Center



Evening Slow Flow Yoga



Mondays & Wednesdays 5-6pm

Starting Sept. 18 at the Community Center



PiYo Live

Tuesdays & Thursdays 7-8pm Starting Sept. 19

Daytime Gentle Flow Yoga

Thursdays 9:30-10:30am Starting Sept. 14

For more information please contact Parks & Recreation
248-624-2850 or www.wixomgov.org

