

# MAIN AND ELM FITNESS

## YOGA CLASSES

TUESDAY & THURSDAY EVENINGS AT  
5:30PM



PLEASE SIGN UP AT THE FITNESS CENTER  
RECEPTION DESK OR EMAIL  
[mainelfitness@am-property.net](mailto:mainelfitness@am-property.net)

\$5.00 PER CLASS

Zelle or Cash accepted.

If using Zelle, please send funds to  
email [marisol@am-property.net](mailto:marisol@am-property.net)