



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS: SATURDAY L & L YOGA

January 7 – February 25
NEW TIME AND NEW LOCATION

WHEN: Saturday mornings
January 7th to February 25th
9:00 am – 10:15 am

WHERE: Branson Hall
Christ & Holy Trinity Church
75 Church Lane
Westport, Connecticut 06880

Park in the parking lot behind the church and enter the building to your left through the unlocked door on the right side (it also has a keypad on it). Walk through the entry to Branson Hall, on your right.

This room is beautiful and large enough to hold everyone. **Please bring a Yoga mat.**



Join Amy for **75 minutes** of L&L Yoga
at Branson Hall in Christ & Holy Trinity
Church on Saturday mornings beginning
January 7, 2017 9:00 AM—10:15 AM

WESTPORT WESTON FAMILY YMCA
14 Allen Raymond Lane, Westport, CT 06880
203 226 8981 www.westporty.org

Questions: Shelly Goldman
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