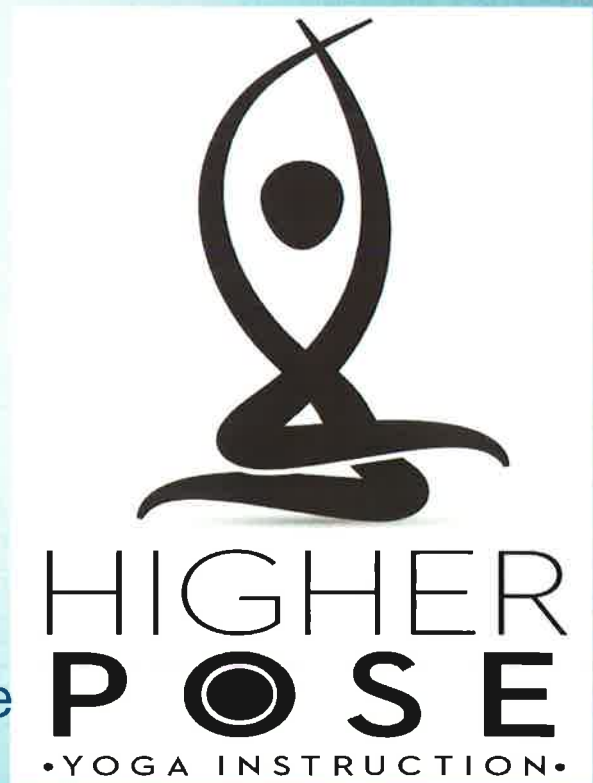


QUEENS YOGA/ FITNESS CLASSES FOR MEN BEGIN IN FEBRUARY

Monday Evenings | 8:00 PM - 9:00 PM |
at the Queens Jewish Center,
66-05 108th St, Forest Hills, NY 11375

BENEFITS:

- *Increase strength & flexibility
- *Improve balance & coordination
- *Learn breathing & stress relief techniques
- *Enhance focus & concentration
- *Dedicate time for self-care



Provided by HigherPose LLC (Adam Rudich)

To purchase a class / package and any questions
contact Adam at higherpose@gmail.com