

*Sign up for a class today*  
*Your mind & body will thank you*



**CLASS SCHEDULE**

Tuesday & Thursday	6:00pm-6:30pm	<i>Pilates/STRING™</i>
	6:30pm-7:30pm	<i>Christian Yoga</i>
Wednesday	6:00pm-7:00pm	<i>Restorative Yoga</i>

**CLASS OPTIONS**

Drop In, Punch Card, Monthly Membership  
Gift Certificates Also Available

**OTHER SERVICES FROM WHOLE WELLNESS WITHIN**  
Individual Yoga/Pilates Therapy, Stress/Health Coaching,  
Health Education, Aromatherapy, Migun Bed, Corporate Wellness

160 S. Main Street, Frankenmuth • (989) 652-2500 or (989) 751-7812  
[www.wholewellnesswithin.com](http://www.wholewellnesswithin.com)

