



*The only equipment you need are  
your body and mind*

## *"Warm Power Vinyasa Flow for Weight Loss"*

*Wednesdays ~ January 11 - March 7*

*(8 week session — No Class Presidents Week)*

*Cohoes Community Center*

*Early registration fee by January 3 - \$50.00*

*Registration fee after January 3 - \$65.00*

*Some yoga experience is preferred  
Yoga mat is required*

*Contact Colleen McDonald at 369.8325 to register*

**Colleen McDonald**  
*YogaFit® Trained Instructor*

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