

FOR IMMEDIATE RELEASE

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RESTFUL YOGA FOR STRESSFUL TIMES

North Fort Myers, FL January 3, 2012- The North Fort Myers Community Center is excited to announce monthly YOGA classes are taking place on Wednesday evenings from 6:15-7:15 p.m. Yoga classes are \$30 per month and space is limited.

Terri Fields, yoga instructor, has been practicing yoga for 15 years. Terri will help students reduce stress and calm their minds. Yoga also improves circulation, increases energy, strengthens and tones the entire body.

Register by call 239-533-7440 or on-line at www.leeparks.org. For more information regarding the yoga classes please call 239-652-4512.

CALENDAR LISTINING

January 4 through 25

February 1 through 22

March 7 through 28

April 4 through 25

May 2 through 23

Wednesday evenings

6:15-7:15 p.m.

\$30 per month/4 classes