



**AND**

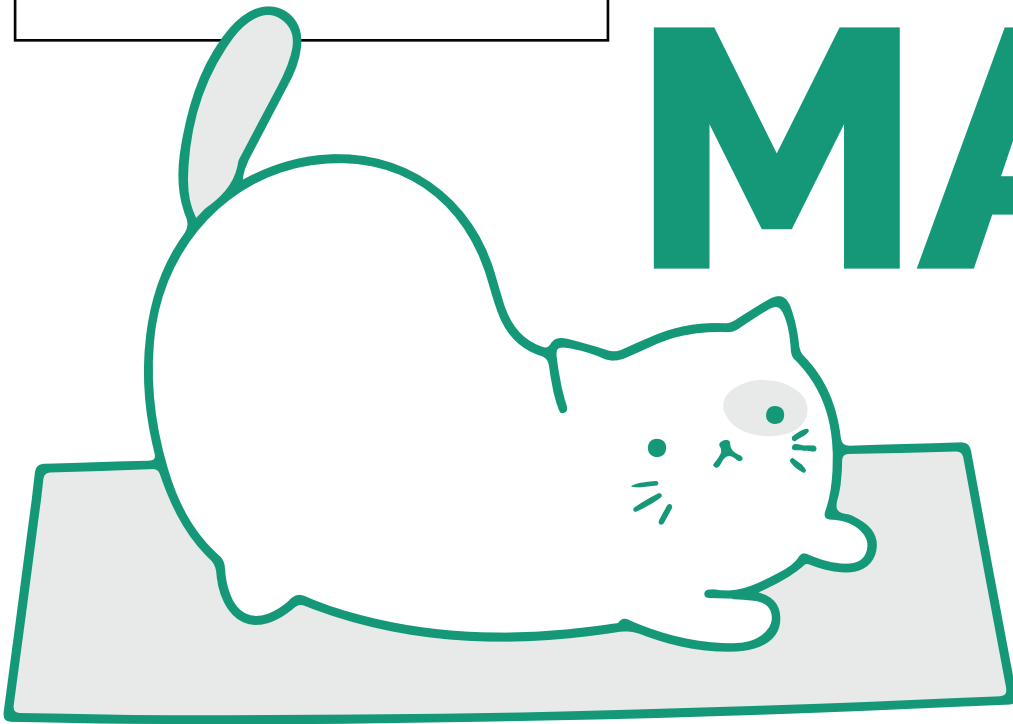


**WESTERN**  
RACQUET & FITNESS CLUB

**PRESENT**

**September 24th**

# CATS ON MATS



Call 497-1161 to  
sign up today!  
Space is limited!

**Find some zen and maybe a new furry friend!**

Practice yoga at Western Racquet & Fitness Club with some purr-fectly adorable company from Happily Ever After animal rescue.

**12pm - 12:45pm**  
**Cat Yoga**

\$20/person

**1pm - 1:30PM**  
**Family Cat Yoga**

(for ages 5 & up)

\$10/person



WESTERN  
RACQUET & FITNESS CLUB

# TRIPLE THREAT

Build strength and functionality using water rowers, TRX, and kettlebells!

Drop into a class, every Friday at 9:00am in the Multi-Purpose Room with Jamie!



\$25/person

Every Friday at 9am  
Beginning September 1, 2017

Call 497-1161 or stop at the front desk to sign up!