

\*Attending 4 out of 6 classes qualify as step 4 to earn your wellness day.\*

# All-Levels

# Yoga



**MONDAYS**  
**BEGINNING JUNE 13, 2016**

Instructor:  
Norman  
Christiansen

6 WEEK SESSION (NO CLASS JULY 4)

4:45PM-5:45PM

FREE FOR CITY EMPLOYEES!

EXPERIENCE THE BENEFITS OF YOGA-  
RELAXATION AND STRESS RELIEF PLUS FLEXIBILITY,  
STRENGTH, AND BALANCE.

APPROPRIATE FOR ALL LEVELS FOCUSING ON BASIC  
POSTURES.

LOCATION:

WISTARIAHURST MUSEUM GARDENS  
238 CABOT ST. HOLYOKE

PLEASE BRING YOUR OWN MAT.

SIGN UP WITH DEB SCHAIER:

SCHAIERD@HOLYOKE.ORG • 413-322-5598



There is still time to join ZUMBA, a FREE dance fitness class where you will forget you're exercising!

**When:** Wednesdays, April 6 - April 27

**Time:** 4:45 - 5:45 pm

**Where:** Council on Aging, 291 Pine St.

*\*4/6 classes qualify as step 4 to earn your wellness day.\**

## Seated Massage



April is stress awareness month, sign up for a FREE massage at a building of your choice!

**City Hall Annex:** April 6 @ 11am-3pm

**Fire Headquarters:** April 11-14 @ 1-3pm

**DPW:** April 29 @ 12-3pm

**Workplace Wellness**  
Make Working for Holyoke  
Work for You



**Sign up today!\***

**Julia Wilkins – 322-5595/  
wilkinsj@holyoke.org**

or

**Deb Schaier – 322-5598/  
schaierd@holyoke.org**