



SIP 'N YOGA ON THE GREEN

Location: **Golden Sands Golf Course**
2501 Wilson Road, Mears, MI 49436

Time: **Fridays at 10:30am**

Cost: **\$10.00 per person, drink is NOT included**

Class led by **Certified Yoga Instructor Rebecca Urick.**

Please call Golden Sands at (231)873-4909 or Family Fitness at 213-873-3566 to register. You are welcome to message us on Facebook as well.



**Every Friday
at 10:30am
through the
summer starting
June 30th, 2017**

**Cost: \$10.00 per
class, drink is not
included**

**Yoga beginners,
seniors, visitors,
drop-ins welcome**

**Drinks specials
offered by Golden
Sands Golf Course**

**Enjoy the beautiful
scenery of a golf
course**

**LAKESIDE
REHABILITATION
FAMILY FITNESS**

39 S State Street
Hart, MI 49420

231-873-3566

www.lakesiderehab.com