

Shape Your Body, Stretch Your Spirit

From stillness to movement... from movement to
stillness... the joy is in the journey!

Women's Fitness Group
Every Wednesday and Friday
(45 minutes of workout and 15 minutes of yoga)

Time: 10:00 ~ 11:00 a.m.

Venue: Buddha Fitness

Please call 510-676-9147 or email shibana_s@yahoo.co.uk
for more details, cost information, and class start dates.

Also inquire about weekly delivery of nourishing and healthy meals.

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