



CARDIO YOGA

Every Saturday

Time: 8:00am to 9:00am promptly

Instructor: Shannon Dullam

Location: 2723 East Main St, WFC

CMHS Wellness & Fitness Center

Cost: Membership to CMHS Wellness & Fitness Center

Please Call WFC at (805) 652-5064

e-mail: wellness@cmhshealth.org

*****You are required to bring your own yoga mat*****

Wellness & Fitness Center



Community Memorial Health System