



LEVEL II YOGA

Every Thursday

Time: 5:30 pm to 6:30pm promptly

Instructor: Shannon Dullam. RN

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: wfc@cmhshealth.org

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

Wellness & Fitness Center



Community Memorial Health System