



Toni Kuhn

## ***Yoga & Fitness Classes with Toni Kuhn***

***2124 St. Bernard Drive, PMC***

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**Cell phone: 661-993-3890**



**My classes are designed for all ages and levels of people. I specialize in pain management and I can make any of my classes safe and effective for your needs. Come join the fun and learn how to exercise safely and successfully for your body.**

**Course Dates: Summer Course is 5- weeks for \$25.00**

**\*\* I AM ON VACATION THE WEEK OF 6/25. NO CLASSES THAT WEEK. \*\***

- ***Mondays 11am Strength & Stretch (New Class!)***- strengthen and tone your body using free weights, followed by gentle stretching.  
5 week course: 7/2, 7/9, 7/16, 7/23, 7/30
- ***Wednesdays 11am Yin & Relax***- deep stretching that helps calm the nervous system, increase flexibility, decrease stress and leave you in a deep relaxed state.  
5 week course: 7/4, 7/11, 7/18, 7/25, 8/1
- ***Thursdays 4pm Gentle Stretch***- gentle yoga stretching, breath work and guided relaxation.  
5 week course: 7/5, 7/12, 7/19, 7/26, 8/2

### ***3 options for payment:***

- 1. \$25.00- one 5-week course (choose a class course)***
- 2. \$40.00 Punch Card (5 classes) - can be used for any class***
- 3. \$10.00 to drop in on any class***