

YOGA

with Denise B. Smith

**At the Chester A. Arthur Conference Room
Fairfield Town Office Bldg. - 25 North Rd.**

Sponsored by the Fairfield Recreation Committee

Class meets Saturday afternoons

4:00-5:00 pm

January 14th - 28th

February 11th - 25th

(6 weeks)

Free to Fairfield Residents

\$5 Non-Residents

Contact Rick Haag at 524-7528 with any questions.

**Classes geared toward developing strength & flexibility
as well as relaxation and stress relief.**

Please bring your own mat

**For Adults 18 and Over
Beginners are welcome!!**