

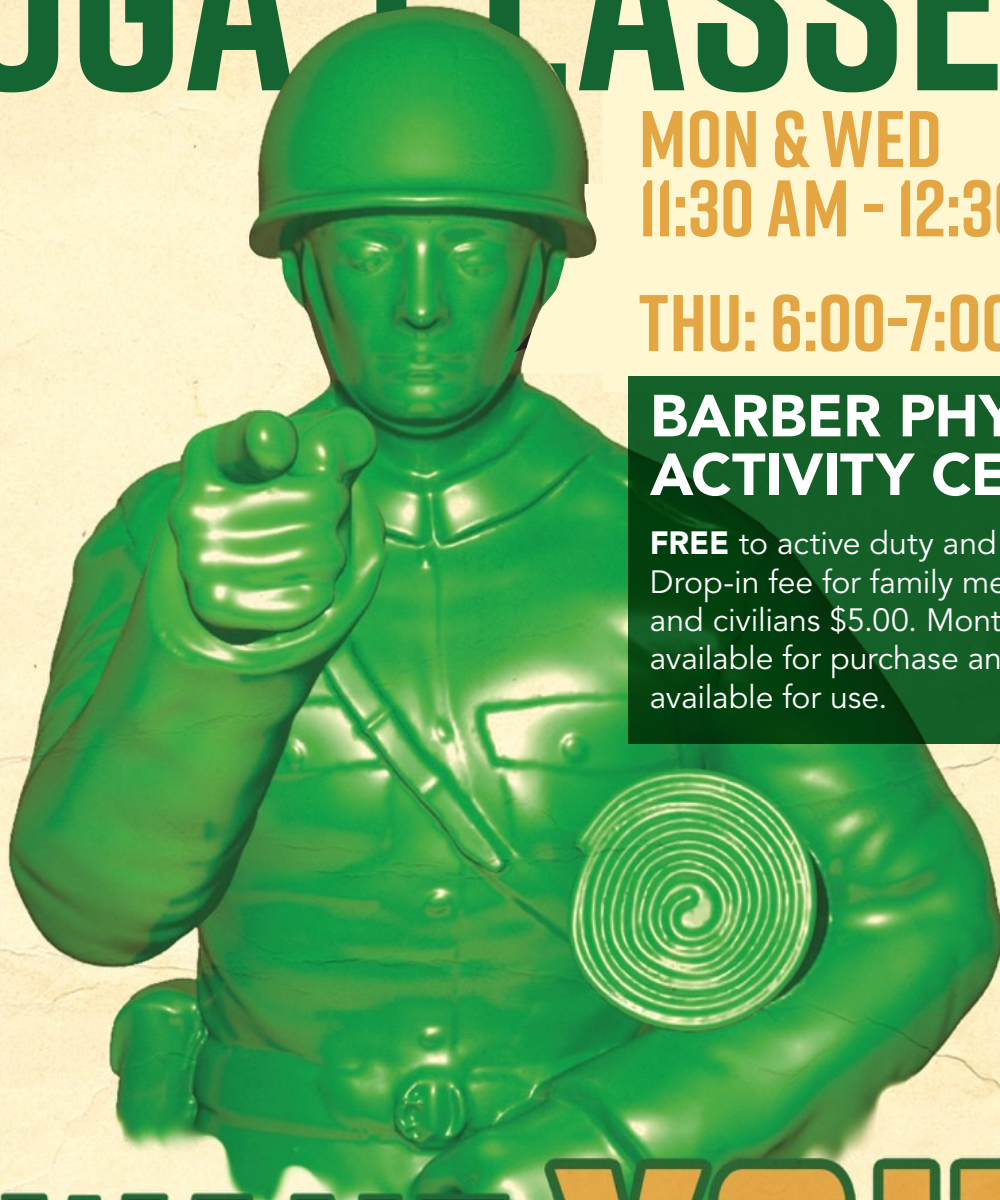
YOGA CLASSES

MON & WED
11:30 AM - 12:30 PM

THU: 6:00-7:00 AM

BARBER PHYSICAL ACTIVITY CENTER

FREE to active duty and reservists.
Drop-in fee for family members, retirees
and civilians \$5.00. Monthly passes are
available for purchase and mats are
available for use.



I WANT YOU FOR YOGA CLASS

IT'S GOOD FOR BACK PAIN, TIGHT MUSCLES, STRESS MANAGEMENT, AND A LOT MORE!

For more information, call 703.784.2339



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