

# ***YOGA ON THE MOVE WITH KERRY***



**MONDAYS**

THE TREFRY CENTRE,  
RICHARDS LANDING

**THURSDAYS**

WATERPRONT CENTRE,  
HILTON BEACH


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**9:30 AM MAT YOGA**

FEE: \$15 ADVANCE PAY TO EMAIL OR \$20 DROP IN RATE

**11:00 AM CHAIR YOGA**

FEE: \$5

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