

# Yoga



Included in YMCA Membership (ages 12+)

<b>Mondays</b>	7:00pm-8:15pm	<i>LCLC Studio</i>
<b>Thursdays</b>	10:30am-11:30am	<i>YMCA Studio</i>
<b>Saturdays</b>	9:30am-10:30am	<i>YMCA Studio</i>



**YMCA Studio**  
75 High Street,  
Bridgewater, NS  
902-543-9622

**LCLC Studio**  
135 North Park St.  
Bridgewater, NS  
902-530-4100



**YMCALUNENBURGCOUNTY**



**@ymcalunenburg**