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Presents...



Outdoor Edition!

Physically • Emotionally • Mentally • Spiritually
STAY CALM AND KEEP GOING!

Every Tuesday • 10:00 to 11:00am

Otsego County Sportsplex Pavilion

1250 Gornick Ave. Gaylord, MI

For Matter of Balance Graduates!

For more information call Amanda at 989.748.4068

Remember... outdoor settings differ from indoor settings.

Please prepare with the proper essentials for that day: ex. water, sunscreen, bug spray, clothes, etc.

Weather can effect class for any particular day.

Please call the weather hotline at 989.731.5652 for class updates!