



Let's get Physical

Jerry Conca is going to move us!

Come stretch with yoga and pilates at your level and ability. Bring a mat, towel, and water.

Tuesday, Sept 24th at 10:00 am

Thursday, Oct 10th at 10:00 am

Spring Meadow Park
3283 Spring Meadow Ave. Thousand Oaks

For more information contact Jerry at 805-294-3682

