

# FREE YOGA

for  staff

**Mondays:** Feb. 26, March 5, 12, 19

3:30–4:30 p.m. T.C. Williams King St. Dance Studio

**Wednesdays:** Feb. 28, March 7, 14, 21

4:00–5:00 p.m. Central Office 3rd Floor

**Thursdays:** March 1, 8, 15, 22

3:30–4:30 p.m. John Adams Art Room

Bring a water bottle and a yoga mat, if possible.

Learn more about the workout at [barre3.com](http://barre3.com).

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