

WL

# Wah Lum 'Flex'



## NEW CLASS TIMES!

LOOKING TO INCREASE: FLEXIBILITY \* BALANCE \*  
MUSCLE TONE \* RELAXATION...?? TRY FLEX!

Level: Adult Beginners – no experience necessary!

Cost: 1 Time Trial: \$15

8 classes: \$75

16 classes: \$135

24 classes: \$200

Wah Lum students: Free Registration!

Registration: \$45 and includes a Flex mat!

Flex Schedule: **Friday: 4:15pm – 5:00pm Saturday: 10:15am – 11:00am**

Uniform: Wear comfortable clothes – no shoes, no socks

**For more information call: 407.275.6177 \* [www.wahlum.com](http://www.wahlum.com)**

