

The East Austin Wellness Center Presents:
The FREE Live Well Series
Saturday Program



The mission of the East Austin Wellness Center is to promote wellness of the whole person, in mind, body and spirit within the East Austin Community.
www.WelcomeTableAustin.org



FREE Live Well & Get Fit

FREE

Join us every 2nd and 4th Saturday of each month at 1:30 p.m.

Schedule:

2nd Saturday

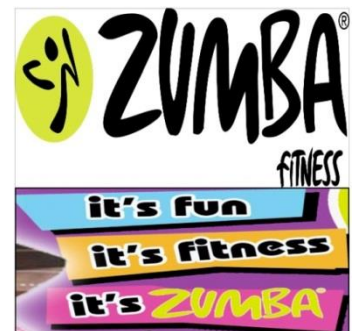
Zumba with Lydia 1:30 to 2:30pm

Qigong with Nathan 2:30 to 3:30pm

4th Saturday

Zumba with Lydia 1:30 to 2:30pm

Pilates with Katie 2:30 to 3:30pm



Let us know if you would like to have other types of programs as well. Let's get East Austin healthy!

JOIN US during these great workout sessions with lots of variety, fun and laughter. All programs are FREE. Please wear workout pants, t-shirts and tennis shoes for Zumba. *No shoes necessary for Pilates. Bring a mat for pilates if you have one, if not, one will be provided to you.*

If interested or for more information about zumba/pilates or qigong please email office@stjamesaustin.org, call 512-926-6339 to RSVP or simply show up.

St. James' Episcopal Church