

# Yoga



Yoga is a group of physical and mental practices and one of the oldest forms of exercise. Classes are open to all retirees and their spouses.

## HOW?

The monthly cost per student is \$50, payable to instructor Barbara Greenberg. The drop-in rate is \$15 per class. You can attend one class for free first!

## WHERE AND WHEN?

### Gwinnett Justice and Administration Center

75 Langley Drive in Lawrenceville  
Second Floor Conference Center

Wednesdays, 5:30pm to 6:30pm

Thursdays, 11:30am to 12:30pm

Fridays, 6:30am to 7:30am

### Employee Wellness Center

750 South Perry Street in Lawrenceville  
Second Floor

Thursdays, 5:30pm to 6:30pm

For more information, contact the Benefits Division at **770.822.7932** or [benefits@gwinnettcountry.com](mailto:benefits@gwinnettcountry.com).

