

# TOTAL HEALTH SYSTEMS

## Multi-Specialty Clinic

Chiropractic • Medical • Physical Therapy • Massage Therapy • Nutrition

Clinton Township • (586) 228-0270 ♦ Chesterfield • (586) 949-0123 ♦ Eastpointe • (586) 772-7770  
www.TotalHealthSystems.com

# Winter Yoga Classes

This class is for beginners and continuing yoga in the main lobby of both clinics. Rebecca Sobczak is a certified yoga instructor and is a member of the Yoga Association of Greater Detroit. Small class setting.

*Please sign up at front desk! Yoga kits \$29.95 + tax.*

**PURCHASE A TOTAL HEALTH FIT CARD:** This is a punch card to be used for all Total Health Systems Yoga, Core and fitness classes at any of our locations. The cost/value of the card is \$150. It is nontransferable/nonrefundable.

## ***Yoga, Clinton Township***

Thursday Evenings, Dec 10-Feb 25 (No Class 12/24 or 12/31) 7:30-9pm \$15/class 10 week session, \$150



## ***Yoga, Chesterfield***

Monday Evenings, Dec 7-Feb 8: 6:30-8pm \$15/class 10 week session, \$150

