



# Yoga with Kaitlyn

Join Kaitlyn as she guides you through a yoga flow to relax the body and mind. This is an intermediate level class with modifications for most fitness levels.



**Kaitlyn Vittozzi,**  
Yoga Therapist



Penfield Yoga

**Time:** Mondays at 5 pm

**Where:** Wellness 360

191 W Main St, Webster

**Cost:** \$18 per class

\$155 for 10 classes



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[www.wellness360fitness.com](http://www.wellness360fitness.com)