

MURPHY COMMUNITY CENTER

GIRLS YOGA PROGRAM

MONDAYS AND WEDNESDAYS 4—6 PM
(For Girls Ages 7—12)

MONDAY EVENINGS 6—7 PM
(For Girls Ages 13 & Up)



CLASSES WILL START APRIL 6, 2009

This program is designed to increase girls participation in physical activities through the introduction of YOGA and will feature the GoGirlGo! Curriculum that focuses on nutrition, wellness, and making healthy decisions.

All interested girls are welcome!

To register, or for more information, please contact the Murphy Community Center at 617-635-5150 or email: info@murphycommunitycenter.org

This program was made possible through the generous support from:



**WOMEN'S
SPORTS
FOUNDATION**