



## ***HAPPY HOUR MOVEMENT CLASS*** ***On the Beachside Lawn***

- ✓ Fortify Your Strength and Flexibility
- ✓ Improve Your Balance and Mood
- ✓ Center Your Awareness in Relaxation
- ✓ Enjoy the Benefits of Community

**Weekly on Thursday @ 4pm**

**Followed by Live Music at Mulligans**

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