



1506 Twelfth Avenue, Altoona, PA 16601
www.bloomherenow.com

MARCH MOVEMENT / MOTIVATION

FREE CLASSES !!

Celebrating 5 years of LET YOUR YOGA DANCE



Instructor: Tracey Roth (814) 932-1912

Tuesdays @ 12:45-1:30 pm

March 6, 13, 20th – Adult/Child (Ages up to 5)
Register via text or calling by 6 pm Monday prior to each class.

Fridays @ 6:15-7:15 pm

March 2nd – Family Class

March 9th – Adults Only Class

March 16th – Family Class

March 23rd – Adults Only Class

Register via text or calling by 6 pm Thursday prior to each class.



Bloom Yoga & Wellness

Goodwill donations accepted for the Teen Center