



# Saddlebrook Community Center

14850 Laurel Avenue, Suite 102 (North Entrance)

## ACTIVE YOGA

**Mondays @ 7 pm** (Begins 5/13)  
8 weeks @ \$96

## ACTIVE SENIOR YOGA

**Thursdays @ 4:40 pm** (Begins 5/16)  
8 weeks @ \$96

Instructor Cynthia Gordon has 29 years of experience in teaching & personal training.

She is an ACE Certified Personal Trainer & ACE Certified Group Fitness Instructor, specializing in Pilates, Yoga, and Core Training.

Cynthia also offers classes at A.V. Sorensen Center, Camelot Community Center and Happy Hollow Club.

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

**Classes begin  
the week of  
May 13th.  
See specific class  
for start date.**

**DISCOVER  
THE  
BENEFITS  
OF**

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**Call Cynthia Gordon  
402-391-5406**

or register by email at:  
[cynthgordon@cox.net](mailto:cynthgordon@cox.net)