



# Pop-Up

## Spring into Yoga with Liza



### Ready to stretch, strengthen and unwind as spring approaches?

Join us for a special complimentary yoga class led by Liza. This all-levels session will focus on poses that improve flexibility, balance, and core strength, perfect for preparing your body for golf, tennis, biking and all your favorite outdoor activities.

#### Date and Time

Sunday, March 10  
2:00-3:30 pm

#### Location

Banquet room

For more information, please call **847.535.7060**  
or visit the **Member Services Desk**.

Northwestern Medicine  
Lake Forest Health & Fitness Center  
1200 North Westmoreland Road  
Lake Forest, Illinois 60045  
847.535.7064

[lakeforesthfc.com](http://lakeforesthfc.com)

**M** Northwestern  
Medicine®  
Lake Forest Health & Fitness Center

