



❖ ENDURANCE ❖
❖ STRENGTH ❖ POWER ❖
❖ PAIN FREE LIVING ❖

Tuesdays & Thursdays
8:05 Metabolic Conditioning
9:10 am Strength for 50+
10:15 am Gentle Yoga

*with Cassandra Bodlak,
Certified Movement Specialist*



Facebook: Cassandra Elizabeth

Twitter: @BodlakAiflex

SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT
adult school
Community Lifelong Learning—(805) 549-1222—ae.slcsud.org

1500 Lizzie Street #J3, San Luis Obispo

Register: ae.slcsud.org (805) 549-1222

SCHOLARSHIPS AVAILABLE