



GoodLife
FITNESS

GoodLife Fitness Studio

46 Royal Palm Pointe, Vero Beach 32960

FREE CLASS for

Female Cancer Survivors

Yoga-Deep Stretch

JULY 2025

New time !! TUESDAYs 5 PM- 6 PM

Instructor/Studio owner: Peggy Hamilton

Practice relaxing stretching & yoga poses, rejuvenating breathing techniques and soothing meditation.

A feel-good class for ALL levels of yoga practitioners.

(Must be able to get up and down off the floor.)

For reservations or more information:

Email: goodlifevero@gmail.com

Phone: (772) 925 1915

www.goodlifefitnessvero.com