

## FALL INTO FUN

## Please join us in September for the following FREE classes

At the Norhtwest Arts Center (9825 NE 24th St, Bellevue | 425-452-4106)

Jazzercise: Thursday, Sept. 18, 9-10 a.m.

Yogalates Stretch & Strengthen: Thursday, Sept 18, 10:30-11:30 a.m.

**Tai Chi:** Thursday, Sept. 18, 1:30-2:30 p.m.

At Bellevue Main Club, Boys & Girls Club

(209 100th Ave NE)

**Tai Chi Chen-Style:** Monday, Sept. 22, 10-11 a.m. **Silver Sneakers Class:** Tuesday, Sept. 23, 10-11 a.m.





