



Peace,
Love, & Yoga

TUESDAY, SEPTEMBER 21, 2021

11:00 - 12:30 PM • RANCH STUDIO

In honor of The International Day of Peace, the Ranch will host a special, extended Yoga class. This traditional Hatha practice will include a guided meditation. Enjoy a 'peaceful' experience that celebrates self-love and yoga.



THE RANCH
FITNESS CENTER & SPA

FITNESS HOURS:

Monday - Thursday: 5:30 am - 8 pm * Friday: 5:30 am - 7 pm * Saturday: 7 am - 5 pm * Sunday: 8 am - 4 pm

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