



Join us for Beginner Yoga on Tuesdays & Fridays at 6:30 am
Classes starting Tuesday, June 6.

Instructor is Tamika Jackson.

Classes are \$10 per week or \$30 a month.

Contact the YWCA at info@ywca.com or 618.465.7774 to register
for classes.

YWCA of Alton is located at 304 E. Third St., Alton.

Start your days the right way and find some peace of mind.

*The YWCA of Alton is proudly sponsored by Morrissey Contracting Co., Inc., Phillips 66
Wood River Refinery, and Simmons, Hanley and Conroy, a national law firm.*

YWCA IS ON A MISSION