

For Members Only

The Heart  
*of*  
Yoga

Sunday, February 14  
Noon *on Zoom!*

*A virtual Valentine's Day event from 12 to 1:30 pm*



ONLINE

**RECONNECT** as a community

**LEARN** how yoga promotes a healthy heart

**PRACTICE** with a heart-centered yoga class

*No experience necessary • Free to members*

**AMERICANFITNESSMI.ONLINE** to enroll