

# GUIDED MEDITATION

Sunday, October 16<sup>th</sup> & 30<sup>th</sup> from 2:00pm-2:45pm

Studio B

FREE for members and nonmembers!



[www.courtsplus.org/group-exercise](http://www.courtsplus.org/group-exercise)

Wear comfortable clothing.  
Perfect for any fitness level.  
Perfect stress and anxiety relief!



For More Information

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