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### **SPCA Florida Kittens Attend Yoga Class**

**Lakeland, FL**— SPCA Florida kittens will test their flexibility in a Sunset Yoga Class on Thursday, August 15<sup>th</sup>, 2019, from 6:00p.m.-7:00p.m. at Spring Lane Ranch, in Lakeland.

The class is taught by Edie Smigel. Edie has been in the fitness industry for over 20 years and is a Certified Personal Trainer specializing in Pilates & Yoga, Cardio Barre', Children's Yoga & Corporate Stress Reduction Seminars. Edie and kittens will provide an hour of physical exercise, mental decompression and pure delight. The class is set in a serene and tranquil setting of running water, roaming horses and nature's beauty.

All kittens are available for adoption and forever yoga partnerships.

REGISTER BY CALLING OR TEXTING EDIE AT (724) 977-9331

COST: \$20 (60-minute group session). Cash or check at the door (Checks payable to EDIE SMIGEL).

ADDRESS: 4427 Spring Lane, Lakeland, FL 33811

WHAT TO BRING: Mat, Towel, and Water Bottle

WHAT TO WEAR: Comfortable clothes that will enable you to stretch and move easily

#### **About Spring Lane Ranch LLC.**

*Spring Lake Ranch Equestrian Center*

*The center was founded on excellence, in every aspect of what we do from boarding to breeding. With some of the top trainers in the breeds and therapeutic resources on site, there is no need to look any further for the ultimate experience for your equine athlete.*

#### **About SPCA Florida**

*Founded in 1979, SPCA Florida is a 501(c)3 non-profit organization headquartered in Lakeland. Dedicated to improving the lives of pets and people in the community, SPCA Florida provides caring, compassion and hope to more than 6,000 homeless animals entering our doors each year. Open to the public, our McClurg Animal Medical Center is a state-of-the-art veterinary facility that heals and helps 50,000 patients annually. Thousands more pets and people are served through our community outreach and education programs.*

SPCA Florida does not receive government funding and depends on the generosity of donations. To help, go online at [www.spcaflorida.org](http://www.spcaflorida.org) and donate, foster or check out our wonderful dogs and cats who need loving, responsible homes.