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The Physical Examiner

Arts and Crafts Fair is a Hit

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Saturday November 8, 2008 marked the third annual Arts and Crafts Fair at Ross University. For the first time in history the arts and crafts fair was a one-stop shop. Because the new and roomy campus activities center was available, the artists, the crafters, and the food vendors were all able to

set-up in the same location. The purpose of the arts and crafts fair was not only an opportunity to purchase artwork and craft items, but also to raise money for two local charities. The Arts and Crafts Fair will donate 15 percent of all sale proceeds to CALLS (Center where Adolescents Learn to Love and Serve) and The Northern District for the Aged.

Vendors gladly accepted invitations to join the fair and pro-

vided students and faculty with a wide variety of products. Available crafts included beautiful paintings, incredible wood carvings, jewelry, clothing, baskets, maps, and food. Everyone attending the fair was sure to find something to their liking.

The kid's corner was one of the biggest successes of the event. Children from Ross University Preparatory School accepted donations for their homemade ornaments, magnets, bookmarks, and wind chimes. As soon as visitors entered the fair they were immediately drawn to the kid's corner. The children brought a lot of energy to the fair and **(CONT'D ON PG 3)**

Semester Break Checklist

As finals come to an end, students find themselves in the whirlwind of packing and preparing to leave the island for the semester break. In order to ensure that your trip runs as smoothly as possible, take a few minutes before you leave to be sure that you have completed the following checklist. Have a safe and relaxing holiday vacation!

Apartment preparations

- Notify Landlord that you will be leaving
- Hide valuables

- Flip electricity switches to conserve electricity. (Except for the refrigerator!)
- Throw out food that will spoil
- Lock windows and close curtains
- Lock and bolt front and balcony doors

Items to bring with you

- Passport
- Driver's license
- Ross ID card
- VISA
- Printed travel itinerary (Double

- check itinerary before you leave. During the busy holiday season airlines tend to change flight schedules a lot!)
- 55 EC departure tax. You cannot leave the island without it.
- Money for transportation to the airport
- Money needed to check luggage with your airline
- Luggage tags for all bags, including carry-ons
- Taxi driver's phone number so you can arrange transportation at the end of your trip.

Article by: Natalynn Hepworth

Student Loan Debt in the Crashing Economy



According to the AAMC 2007 Graduation questionnaire, the average educational debt of indebted graduates of the class of 2007 was \$139,517.

75.5% of graduates have debt of at least \$100,000. 87.6% of graduating medical students carry outstanding loans.

These can be scary statistics when you hear in the news that education loans may become more difficult to come by in the wake of the current global financial crisis. These issues are not unknown to Ross students, nor are they exclusive to Ross students. Financial aid seems to be as necessary in medical schools today as textbooks are – maybe more so. Therefore, students must be cautious about their financial choices, learn about their options, and understand what they can do to minimize the impact of any potential repercussions in light of the current economic situation.

The issues associated with high debt-to-income ratios after graduation have been studied extensively by the AAMC. They found that:

- Students with high debt are less likely to pursue family practice and primary care specialties and instead seek specialties with higher income or more leisure time
- The cost of tuition can prevent students from low-income or minority groups and those with other financial responsibilities from attending medical school
- Physician diversity is necessary to address the needs of heterogeneous, multicultural patient populations
- Residents with high debt are more likely to moonlight, which increases fatigue and may contribute to medi-

cal errors

Increasing debt leads to more cynicism and depression among residents as well. Imagine the average first year resident. The average salary of a first year resident/intern is \$44,000, with the amount increasing approximately \$2000 each successive year of residency.

These can be scary numbers to face, but there are ways to address the growing debt loads and economic turmoil. The key is to understand all the terms of every loan you take out, budget effectively, spend wisely, and always explore your options. Obviously, buying a Porsche at graduation on a first year resident's salary is not a good first step! AMSA provided the following tips:

- **Just because you can borrow more doesn't mean you should.** Lenders will provide you with money to burn. Borrow smart and only borrow what you need now. Your actual repayment amount is going to be much higher once interest is calculated. You need to budget and stick with it.
- **Max out your subsidized loan borrowing power first.** Federal student loans typically come in two flavors: Subsidized and unsubsidized. Subsidized loans are loans where the government *subsidizes* the interest on the loan for the duration of your education. On the other hand, unsubsidized loan interest begins accumulating immediately. To save yourself some money in the long run, max out your subsidized loan borrowing power first. Most students need both types of loans.
- **Pay interest on your unsubsidized loans if you can.** If you find yourself with extra money every month and are able to pay your unsubsidized loan interest payments comfortably, go ahead and do it. You'll find yourself facing lower loan payments when it comes time to repay your principle

loan balance.

- **Avoid private loans if possible.** If it's within your means, try to avoid private loans. While federal student loans are eligible for forbearance during residency, most private loans are not. This means you'll be hit with loan payments on a \$40,000 per year residency salary. If you are forced to take out private loans, borrow the least amount possible and pay off the balance of these loans first. For example, if you have the option of paying your unsubsidized loan interest or making payments on a private loan, pick the private loan payment.
- **Get those credit cards paid off.** Many students come into medical school with a fair amount of credit card debt. Always budget and always pay off your credit card in full. If you can't afford to pay off the balance in full every month, you do not need what you are buying and you need to take a closer look at your budget.
- **Think about consolidating your loans while you're still in school.** Students who come from undergraduate programs with multiple loans should consolidate their loans at the beginning of medical school to lower future payments. Also, having all of the bills come from one lender makes record keeping a lot easier.

These are just a few of the tips that could help you manage the debt load. At this point in your medical career, the key is to study hard, budget well, and take care of yourself. Maintaining healthy financial habits now and throughout your residency makes life that much easier several years down the line and will chip away at the debts that seem insurmountable.

Article by: Courtney Herda

Bahamas or Dominica—Students Weigh Options

Perhaps one of the hottest topics of conversation heard around RUSM campus this semester revolves around the newly announced Freeport, Grand Bahamas campus. Students eagerly attended meetings with Dr. Shepherd, President of Ross University, where information was given and questions were answered. They continued to wait anxiously as information concerning housing and obtaining VISA's was released through email.

For some students the decision to either transfer to the Bahamas campus, or to remain in Dominica was simple. For other students the decision was more difficult and they found themselves weighing out the options over time.

When interviewed, students were excited to share their reasons for the decisions they have made.

Of the students interviewed, those going to the Bahamas all agree that they are looking forward to cheaper airfare and being closer to home. With the increase in cost of flights to Dominica, students

find that relocating to the Bahamas will help them out financially. This is especially relevant for those students who have spouses and children accompanying them. Students also feel a sense of comfort knowing that the Bahamas is more easily accessible to home.

Bahamas bound students have expressed how pleased they are with the PACE program and how they definitely want to continue this method of study.

Other responses include an interest in smaller group study and advantages in clinical experience. Student Knema Rezaei mentions that "the clinical sites appear to be more advanced," and he feels this will be more beneficial to his medical education.

While quite a few students are committed to attending the Bahamas, others have chosen to remain in Dominica to continue their course of

study. Second semester student Vadim Zarubin discussed how he appreciates the relatively "distraction-free atmosphere Dominica provides." Many students agree that living in Dominica allows them to focus more clearly on their studies.

Reasons for remaining in Dominica also include the ability to interact personally with professors, and the preference for the large campus environment. Luke Midlo believes that a larger campus provides more sense of community than may be available in the Bahamas.

Although not all current second semester students feel ready to move to the Bahamas, they look forward to receiving student feedback about the program next year. Many students have expressed interest in participating in this new opportunity, and they will certainly consider spending their fourth semester in Freeport, Grand Bahamas.

Article by: Natalynn Hepworth

Arts and Crafts Fair, cont'd



were very eager to show off their artwork. Their excitement and hard work paid off as the booth raised approximately \$900 EC! One hundred percent of the donations made to the kid's corner will be donated to the charities. A special thanks to Meredith Sacks, Maribeth Low, and Sheila Bayless for organizing such a successful booth.

Raffle drawings throughout the day were certainly a highlight for all in attendance. Ticket sales raised approximately \$1100 EC, all of which will be donated to charities. Aileen Culling, Flavia Lewis, and Kathleen Woolley worked hard to organize raffle prizes and ticket sales. Prizes included food gift certificates, car rentals, Cabrits Dive Shop certificates, and much more. Again the children added to the excitement of these events. They could be heard cheering and clapping as MC Mark Sheakley read aloud the winning ticket numbers.

Students were thrilled for the opportunity to attend the arts and crafts fair on campus, and the timing of the event couldn't have been better. With the holiday vacation quickly approaching, students jumped at the opportunity to do a little

holiday gift shopping for friends and family, and to pick out a few souvenirs for themselves. Students appreciated the convenience of having a large selection of Dominican art and craft items available on campus. With their busy school schedules, most students would not otherwise have had the time to go souvenir shopping. Student feedback regarding the fair was very positive, and Project Coordinator Carol Antone even received requests to hold similar fairs each semester!

Overall the event was a huge success. A special thanks should be given to Carol Antone who was in charge of the Arts and Crafts fair, and to all who participated in the event.

Article by: Natalynn Hepworth

Cost of Living Comparison—Freeport/Dominica

Many students expressed an interest in understanding the estimated cost differences between Dominica and Freeport, Grand Bahama, regarding housing, transportation, utilities, food, etc. In response, Ross has gathered the following cost of living data. As differences in the cost of living and the stress of moving weighs on students, the directors of the PACE program in the Bahamas wanted to give as many answers as possible to those considering their options between Dominica and Freeport.

In reviewing the data, please recognize that choices made based on “personal preference” are the most important elements of a student’s actual cost of living. Please note that the information included in this report is tentative and approximate and are subject to variance. All prices listed are in U.S. dollars.

Value Added Tax

In Dominica, the government assesses the Value Added Tax (VAT) at a rate of 15 percent on most retail sales and at 10 percent on housing. Dominican pricing for housing below includes VAT; Dominican pricing for electricity or groceries presented in this document does not include VAT. The Bahamas does not impose a VAT.

Housing

Average rental prices in Freeport and Dominica are as follows: (remember that most apartments include cable, internet, and maid service, but not electricity)

1 bedroom, 1 bath
 Freeport—\$850-1300
 Dominica—\$350-\$550

2 bedrooms, 1/2 baths
 Freeport—\$1300-1800
 Dominica—\$550-750

3 bedrooms, 2 baths
 Freeport—\$2000-3000
 Dominica—\$950-1150

Electricity

Electricity rates in The Bahamas currently run about 30 percent less than those in

Dominica. The estimated cost for a period where utilization is about 500 kilowatt-hours (KWH) would be \$80.75 in The Bahamas versus \$121.30 in Dominica. Fuel charges in both countries are about \$0.20 per KWH.

Transportation

Students traveling to Freeport from their homes would typically fly into Miami or Fort Lauderdale. Currently, there are eight daily flights from these airports to Freeport. Approximate round-trip airfare to get from either of these airports to Freeport in January 2009 and return in April 2009 is listed below. The cost to get from San Juan to Dominica in the same timeframe is given for comparative purposes.

Miami/Ft. Lauderdale to Freeport - \$360/ incl. airport fees and taxes
 San Juan to Dominica—\$1230/ plus airport fees and taxes

Travel Alternative: Ferry service from Port Everglades to Freeport

Students traveling from the Miami/Ft. Lauderdale/West Palm Beach area to Freeport also have the option of booking passage on the Discovery Cruise Line leaving from Port Everglades. Special round-trip cruise rate for Ross University students for 2009 is \$79.99 plus a \$65.00 surcharge for a total of \$144.99 per person. Included in the fare is one small carry on piece of luggage and one conventional piece of checked luggage, not to exceed 70 lbs. The one-way rate is \$59.99 plus a \$65.00 surcharge for a total of \$129.99 per person.

Cable/Internet

Current average prices for cable/internet services in Freeport and Dominica are as follows:

Internet
 Freeport - \$40
 Dominica - \$80
 Cable
 Freeport - \$35
 Dominica - \$25

Telephone Service

Current average monthly rates for land-line telephone service plus associated deposit requirements in Freeport and Dominica are as follows:

Freeport—\$35/month (\$300 deposit)
 Dominica—\$12/month (\$375 deposit)

Food

As everyone who has lived on the island knows, there are two main fast food chains in Dominica—Subway and KFC. Freeport has KFC, Burger King, Wendy’s, and McDonalds, but no Subway. Grocery costs are also a factor, so Ross has put together an itemized list of foods and their approximate costs between Freeport and Dominica.

Item Description (Freeport / Dominica)

Milk	1.40	3.58
Bottled water	1.50	2.68
Bathroom tissue	4.79	8.79
Paper towels	2.29	3.72
Limes	1.00	.75
Onions	3.75	4.52
Carrots	2.70	2.25
Lettuce	1.29	1.87
Dishwashing liquid	1.99	1.99
Laundry detergent	2.29	4.49
Powdered cleaner	1.55	1.51
Bleach	5.25	5.64
Bath soap	1.15	1.09
Can of soda	1.00	.60
Bottled soda	1.25	.78
Canned milk	.79	.91
Orange drink	2.79	4.20
Loaf of bread	1.49	.56
Rolls	2.50	.87
Eggs	1.65	2.62
Sausages	2.25	5.21
Ham	3.50	6.72
Rice	6.25	7.49
Corn Flakes	3.25	6.69
Macaroni & cheese	1.50	1.37
Granulated sugar	1.98	.46
Chicken quarters	4.98	2.21
Chicken wings	6.99	2.92
Pork chops	4.20	4.45
Lamb chops	3.55	3.34

All information courtesy of Ross University—compiled for the newsletter by Courtney Herda

Ross Announces New Legacy of Service Winners

The *Physical Examiner* would like to extend congratulations to members of the Ross community who have been awarded the Legacy of Service awards for the first fiscal quarter. We want to thank those who nominated the winners, as well as acknowledge those who have gone above and beyond the call of duty in their positions. Winners are

selected from RUSM, the Ross veterinary school, and the New Jersey office.

The winners from RUSM are:

- Irus Toussaint - Senior Technician - Nominated by James Catroppo

- Philsbert John - Delivery Clerk – Nominated by Vinia Roberts

- Ray Austrie - Reprographer – Nominated by Mark Sheakley

Article by: Courtney Herda

Airline Travel Advisory



With the holidays fast approaching, it is beyond a doubt that many of us here at Ross are preparing to embark on the

long journey back home to visit family, friends, and loved ones. And then of course, if we made the grades, we will all once again return to immerse ourselves in our studies yet again. While time spent at home during the holidays with loved ones is always something to look forward to, the airline travel home and back is not. Here are a few helpful tips I have compiled that will hopefully make your flight home and back less stressful than sitting through a mini-

- Be the first one to check in either on-line or at the airport. Depending on what airline you fly, the earlier you check in, the more likely you will get the seating you prefer, especially if you are not traveling alone and wish to secure a seat next to your spouse or friend.
- Unless you were the kid who always had to sit at the back of the school bus, try getting a seat near the front of the cabin. There is less turbulence at the front of a plane and over the wings as compared to the rear of the cabin. Additionally, odds are you will be closer to the restroom on board if you sit near the front.
- Try to make your carry-on luggage as small and comfortable to carry as possible. Everybody likes to laugh at the poor sap who attempts to ka-

rate chop his carry-on into the overhead baggage compartment. Also, make sure you pack no containers filled with liquid larger than 3 ounces. If you do pack liquids in your carry-on, be sure to put them in clear zip lock bags for security purposes.

- Furthermore, if you are taking your laptop home with you, make sure you can easily get it in and out of your bag since you will have to do this at every security checkpoint. You don't want to be constantly fighting with your carry-on bag at the security checkpoint because your laptop doesn't quite want to fit in the same place you took it out of.
- If you can, try to bring some snacks and drink plenty of water. Some airlines no longer offer complimentary refreshments and airplane air is thin and dry and could cause one to suffer the symptoms of dehydration. For that reason, it is also not a good idea to imbibe much alcohol during your flights.
- A travel pillow is also a good accessory, especially if you love to catch a few winks during the flight. If you decide to take sleeping pills to help induce your "travel coma," be sure to take a low dosage since sleeping pills have a more potent effect at 20,000 feet.
- If you are at the airport and attempting to catch a connecting flight at a certain gate; never trust the gate number printed on your ticket. More often than not, you will need to consult the flight schedule moni-

tors to see which gate your connecting flight has been moved to.

- Make sure before you leave for the airport that you have your passport. There is nothing worse than getting ready to check in at the airport, which is a long drive from campus, and realize that you don't have all the necessary documents. Also, check to make sure you have exact change for the departure tax – 55 EC per person.
- Make sure your baggage is clearly labeled with your name and address and that you have some way of recognizing it on the baggage queue. It is not an uncommon tale that airlines sometimes misplace luggage, which brings me to my final point.
- Do be sure to pack some essentials in your carry-on, a tooth brush and a change of clothes, especially if you are staying over night between connecting flights. Trying to see how many miles or days you can get out of a single pair of underwear is not a hobby you want to take up.

If you follow these tips, odds are that you will have the most safe and enjoyable trip home and back as is possible given the conditions. The new editors of the *Physical Examiner*, Natalynn and I, both give everyone who is traveling home for the holidays or not, our best wishes over the break.

Article by: Nick Plummer

Obama Wins Election



November 4, 2008 made history as Barack Obama was announced the 44th President of the United States. Senator Obama was elected as America's first African-

American Presidential candidate with an overwhelming victory of 349 to 163 electoral votes over John McCain.

In his victory speech, Obama stated: "If there is anyone out there who still doubts that America is a place where all things are possible; who still wonders if the

dream of our founders is alive in our time; who still questions the power of our democracy, tonight is your answer."

As the lengthy 21 month campaign came to a close, it became obvious that America is ready for something new. Obama claimed victory in Ohio, a state that traditionally votes in favor of the winning candidate. He also managed to hang on to New Hampshire and Pennsylvania, two states that were at the top of running mate McCain's list.

Republican candidate John McCain graciously conceded the election to Barack Obama, and offered his support to the newly elected President. "These are difficult times for our country, and I pledge to him tonight that I will do all in

my power to help him lead us through the many challenges we face."

Ross University students joined with the rest of the world that Tuesday evening watching as the electoral votes rolled in, and celebrating the announcement of a new President. Many local restaurants, including PBH, involved themselves in the festivities by setting up large screen TVs and providing students with a place to view the election results.

The inauguration of President Barack Obama will take place on Tuesday January 20, 2009.

Article By: Natalynn Hepworth

Cabrits "Dons" A New Dive Instructor



If any of you have been to *Cabrit's Dive Centre* recently, you may have noticed that something is amiss. You were probably wondering where in the world are Camillo and Yannick, our friendly and familiar dive instructors that we have shared so many dives and memories with. Camillo has taken a new job in the Cayman Islands and Yannick went back to Miami. But have no fear, Pete and Helen over at Cabrit's found the right man for the job: Don Koop.

Don comes to us from Kingsville, a small town in Ontario, Canada. He took up diving when one of his friends finally coerced him into taking open-water diving lessons with him. Fortunately for us, Don's passion for diving grew to the extent that he even sacrificed his Sunday night football ritual to attend dive lessons. His obsession eventually led him to miss Super Bowl XXXVI, which begs the question; why didn't he tape it?




On a more serious note, Don has been a dive instructor for over a year now and has dived shipwrecks throughout the great lakes as well as in the frigid depths of the North Atlantic off of Newfoundland. Don has also dived the northern waters of Vancouver, and Alaska. Yearning for a change of scenery and water temperatures that

were less likely to induce hypothermia, Don also decided to try his hand diving down in the Bahamas and the Cayman Islands. Most recently he worked in the small country of Vanuatu, located in the South Pacific between Australia's Coral Sea and the island of Fiji. He now looks forward to discovering all that Dominica has to offer and to meeting all of the divers at Ross.

So next time you go over to the *Cabrit's Dive Centre* be sure to take the time to introduce yourself to Don, and give thanks to Helen, Pete and the Ontario winters for providing us with our new local dive instructor. On behalf of the Ross University community, welcome to Dominica, Don.

Article by: Nick Plummer

Campus Calendar—December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 World AIDS Day 	2	3 RSO General Meeting— Sub-way Deck	4 Body Tracker	5 Movie: Star Wars—The Clone Wars (2B) Body Tracker	6 RSO Purple Turtle Beach/ Family Day
7	8 RSO Shopping Trip Exams	9 Exams	10 Exams	11 Exams	12 Exams RSO Snorkel Trip at Scott’s Head and Champagne Bay Movie: Hancock (2B)	13 4th Semester Sale
14	15 Exams	16 Exams	17 Exams	18 Exams Body Tracker	19 Exams Body Tracker Movie: Mamma Mia Classes End	20
21 Hanukkah Begins 	22	23	24	25 Christmas Day 	26 Boxing Day Kwanzaa Begins 	27
28	29	30	31 New Years Eve			

Ross Adventist Group Serves at State Prison & More



The Ross Adventist Fellowship student group has provided an outreach program to the Stock Farm

State Prison for the past 3 years. The students visit the inmates one Saturday afternoon per semester offering health education as well as health checks. Students are supervised on site by Dr. Yasmin Burnett, Director of the Ross Student Health Service.

On several occasions the group has been accompanied by a dentist, Dr. Cyril Robinson or Dr. John. The dentist performs

dental screening of the inmates and teaches the students how to do a dental assessment. Inmates identified with dental problems are referred to the government dental clinic for treatment.

This semester, 12 students went to the State Prison on October 11; 137 inmates were screened for blood pressure and blood glucose. Six inmates were referred to the local clinic for evaluation and 3 persons who were out of medication had their prescriptions rewritten. A glucometer was donated to a diabetic inmate as his meter was no longer functioning. On a previous visit a donation of books was given to

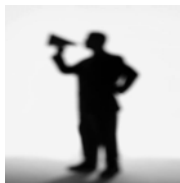
the prison library.

On October 18 the group visited the residents at the Northern District Home for the Aged. They did blood pressure screening on the residents who were ambulatory. All of them had normal blood pressures. The students spent the rest of the afternoon interacting with the residents and thoroughly enjoyed hearing their stories of what life was like when they were young. The residents joined in a sing along with the students.

At the end of the session a donation of \$300 collected from the group members was given to the institution.

Article by: Marilyn Sullivan

Around Campus Announcements:



Movie Schedule:

December 5—Star Wars—The Clone Wars (2B)
December 12—Hancock (2B)
December 19—Mamma Mia



All movies are in Classroom 6 unless otherwise noted. Cost is 5 EC.

Editors' Note:

If you have any ideas about what you would like featured in the newsletter or would like to have your work published, please e-mail: rusm.news@gmail.com



Courtney Herda, Nick Plummer and Natalynn Hepworth, Editors

Emergency Phone Numbers

Please store these numbers in your phone in the event of an emergency.



Security Supervisor on duty: 235-5387
Security Switchboard: 255-6500
Main Gate: 255-6257
Security Office: 255-6247
Ross Emergency Cell Phone: 235-9111
EMTs (after 5, weekends): 235-7677
Portsmouth Police: 445-5222
Ambulance: 445-5215
US Embassy: 1-246-436-4950

Big Papa's



Calling All Ross University Students:

Come celebrate your birthday with us at

Big Papa's Restaurant and newly opened sports bar—now with a new section. The birthday girl or boy eats for free, plus enjoy free Big Papa's Rum Punch for your entire party!

So let us help you celebrate your next special occasion. Whether a birthday or just plain fun, we will help make your event something to remember. Or join us for our reggae night, which is always popular.

CALL 445-6444 – 275-1862/265-4015

Cabrits Dive

Dominica's Only PADI 5 STAR Dive Centre offering:



Scuba Diving
Snorkeling
Coastal Cruises
Les Saintes Trips
Coffee and Wine Shop

Located Just Minutes from Campus on Lizard Trail

Student Rates Available
Phone: 445 3010
Email: cabritsdive@cwdom.dm

IN-Light-IN



Become a part of a vision to implement change among the youth of Dominica. IN-LIGHT-IN, a youth ministry outreach, is held Fridays from 2:30—4:30pm at Benjamin's Park. We are looking for volunteers, supplies, donations, and more. Email ryanm14bones@yahoo.com for more information.

Security Precautions

During exams, the holiday season, and in between semesters, please remember to be extra cautious with your security. Lock your doors, do not travel alone, avoid carrying large amounts of cash or valuables on your person, and avoid seedy-looking areas. Take the campus shuttles or a taxi at night. Thanks,

The Physical Examiner staff



Heaven's Best Guest House and Restaurant

Savanne Paille, Portsmouth

Fine Dining, Reservations Only
American and Caribbean Cuisine

A great place for a romantic Valentine's dinner, a date, or a place to unwind after a stressful day!

767-445-6677 / 767-277-3953

Rainbow Yoga

At the Seaside Deck



Yoga to the sounds of the sea.

Relaxing; Strengthening; Focusing

1 hour classes

Tuesdays and Thursdays

4 pm – Hatha Yoga
5 pm – Hatha Yoga
6 pm – Cardio Yoga

Saturdays

3pm—Hatha Yoga
4pm—Cardio Yoga
email rainbowyoga@yahoo.com