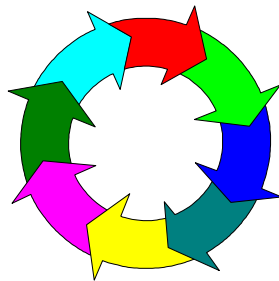


Yoga

This new invigorating class will be able to offer a chance for you to come in touch with your physical, mental, emotional and spiritual person.

Yoga is designed to target every muscle, bone, tendon, ligament and organ in the human body, as well as being able to relax your mind and spirit. Class is open to all ages and levels of fitness.

Come and join us for maximum wellness.



Saturdays ~ 9:00-10:00am

(Classes held in the nursery room)

Fees: Bring your Class Card or \$13/class

There are two choices to pay for classes. You may either pay the per class/drop-in fee of \$13 or purchase one of our class cards.

Class cards will be in 10 (\$100) or 20 (\$180) classes. The class card can be used for all adult classes. Class Cards can be purchased in the athletic or the front office. If you have any questions please speak with the Athletic Director or one of our instructors.