

Yoga

Spring Session

Yoga is a gentle workout designed to Increase body strength, proper alignment, flexibility and breathing. Chair Yoga is for those who may Have trouble getting up and down off of the floor. No special Mats or equipment needed Open to all levels. Classes meet once a week For 8 weeks.



**Cost: Member: Free
Nonmember: \$99**

If you can't make all the classes drop in as your schedule allows:

Drop in fee: \$15

Yoga:

Course #108 Tuesday 7:30pm begins 3/23

Course #122 Friday 10:00am begins 3/26

Chair Yoga:

Course #111 Wednesday 12:30pm begins 3/24

