



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA FOR ALL LEVELS

We are adding a YOGA class to our group fitness schedule!!
Join us Sundays, beginning January 29th at 3:00pm.

Yoga is a great way to strengthen, stretch, and improve balance in the body.

It's also a great way to de-stress and focus the mind.

Join us for a series of slow flowing movements and calming breath work designed to relax, refresh, and renew.

We will have mats available or you can bring your own.

Class will meet in the downstairs aerobics room.

