

Morning Yoga

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Fee: 1 visit — \$9.00; 10 visits — \$65.40; 20 visits — \$105.60

Note: Passes expire 2 years from purchase date

Mon	10:15 AM - 11:15 AM*
Wed	10:15 AM - 11:15 AM*
Fri	10:15 AM - 11:15 AM*

- Age 13+
- * No class Feb 19,
Mar 11, 13, 15 & 29
and Apr 1



FITNESS CLASSES

Payment must be
made at time of
booking.

Drop-ins welcome.