

Yoga

With a focus on strength, balance and flexibility, this class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques. Movements and poses are beginner to intermediate, with modifications at all levels. Yoga has been proven to reduce muscle tension and stress, alleviate postural pain and improve overall well-being. Participants are encouraged to bring their own yoga mat.

Fee: 1 visit — \$9.00; 10 visits — \$65.40; 20 visits — \$105.60
12 month membership — \$352.40 (unlimited classes)



Mon	10:15 - 11:15 AM*
Wed	10:15 - 11:15 AM
Thur	6:15 PM - 7:15 PM
Fri	10:15 - 11:15 AM

- Age 13+

- * No class May 20, July 1 & Aug 5

FITNESS CLASSES

**April 29 to
August 30**

Payment must be
made at time of
booking.

Drop-ins welcome!