



You will practice yoga, basic breathing and techniques for relaxation that will improve strength, increase flexibility and reduce stress. Open to ages 16 and older. Students should bring along an exercise mat or a large towel.

YOGA

Mondays & Wednesdays - 5:30 p.m. – 6:15 p.m.

\$4 for Members and \$6 for Non-Members

STRETCH YOGA

Mondays & Wednesdays – 6:30 p.m. – 7:15 p.m.

\$4 for Members and \$6 for Non-Members

