

Yoga



Stretching & Relaxing Yoga

This is the perfect class for beginning or returning yogis. We practice a wide variety of poses to stretch, strengthen, and relax the entire body. In addition to promoting health and well-being yoga brings balance and tranquility to our life. You will feel better and be glad you joined us.

Wed	9:30 - 11:00am	Fee
4241.301	10/11 - 11/15	\$54
4241.302	11/22 - 12/20	\$45
4241.303	1/10 - 2/14	\$54
4241.304	2/28 - 3/28	\$54
4241.305	4/4 - 5/2	\$45

Location: Crosswoods Community Center
Ages: 15+ years

**Punch Card for 6 Sessions for \$60,
 (4143.300)**

**Good for 6 Yoga sessions (Relaxing or
 Strengthening) and can be used at any
 time.**



Strengthening Yoga

Rebuild strength and restore flexibility in your muscles, bones and organs. We move slowly enough to be safe for senior citizens yet challenging enough for younger folks. Bring your own mat, towel and small pillow.

Mon	9:30 - 11:00am	Fee
4242.301	10/9 - 11/13	\$54
4242.302	11/20 - 12/18	\$45
4242.303	1/8 - 2/12	\$54
4242.304	2/19 - 3/26	\$54
4242.305	4/2 - 4/30	\$45

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