

Yoga Beginnings

A simple class designed for new yoga students. Learn basic yoga postures, the basics of "Sun Salutation", the art and benefits of breathing, correct alignment, and how to incorporate some props into your practice.

Day(s): Wednesday

Date(s): Session 1 – September 16, 23, 30, October 7
Session 2 – October 14, 21, 28, November 4

Time: 9:30 a.m.- 10:45 a.m.

Place: Studio 1

Age Requirement: 16 years and up

Fee: \$32.00 Member per session
\$40.00 Resident Non-Member per session
\$48.00 Surrounding Community Non-Member per session

Drop-In Fee:

\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community Non-Member per class

Open Yoga

This class is a mix of yoga postures and styles used to strengthen the core, and relieve tension and stress. Open to all levels, but a basic level of knowledge is recommended.

Day(s): Saturday

Date(s): Session 1 – September 19, 26, October 3, 10
Session 2 – October 17, 24, 31, November 7

Time: 9:30 a.m.- 10:45 a.m.

Place: Studio 1

Age Requirement: 16 years and up

Fee: \$32.00 Member per session
\$40.00 Resident Non-Member per session
\$48.00 Surrounding Community Non-Member per session

Drop-In Fee:

\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community Non-Member per class

Day(s): Tuesday/Thursday

Date(s): Session 1 – September 15, 17, 22, 24
Session 2 – September 29, October 1, 6, 8
Session 3 – October 13, 15, 20, 22
Session 4 – October 27, 29, November 3, 5

Time: 6:15 p.m.- 7:30 p.m.

Yoga Flow

Yoga flow is a yoga style that incorporates more flow in postures designed to relieve tension and stress through breathing techniques, stretching, meditation, and yoga postures.

Day(s): Friday

Date(s): Session 1 – September 18, 25, October 2, 9
Session 2 – October 16, 23, 30, November 6

Time: 9:45 a.m.- 11:00 a.m.

Place: Studio 1

Age Requirement: 16 years and up

Fee: \$32.00 Member per session
\$40.00 Resident Non-Member per session
\$48.00 Surrounding Community Non-Member per session

Drop-In Fee:

\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community Non-Member per class

Fitness Yoga

This is a fitness oriented practical style of yoga that blends traditional yoga styles with muscular strength and endurance-building components for a complete and balanced mind-body workout.

Day(s): Monday

Date(s): Session 1 – September 14, 21, 28, October 5
Session 2 – October 12, 19, 26, November 2

Time: 9:45 a.m.- 11:00 a.m.

Place: Studio 1

Age Requirement: 16 years and up

Fee: \$32.00 Member per session
\$40.00 Resident Non-Member per session
\$48.00 Surrounding Community Non-Member per session

Drop-In Fee:

\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community Non-Member per class

