

YOGA

Yoga is a lifestyle incorporating natural exercise in which you move your body into various positions in order to become more fit and flexible. Proper breathing in yoga strengthens the respiratory system and promotes relaxation of the mind which can dramatically increase the joys of your life. Wear comfortable clothes.

Please be sure to arrive a few minutes early and silence all cell phones to ensure that everyone experiences the most zen environment possible!

Payment Options

Full-time Session:	\$75 per session (resident)	\$112.50 per session (non-resident)
4-Class Pass:	\$45 per session (resident)	\$67.50 per session (non-resident)
Drop-In	\$14 (resident)	\$21 (non-resident)

Save 20% when you register for two Session I classes or two Session II Classes.

MONDAY VINIYASA FLOW YOGA

Day: Monday
Date: Session I: January 8 – February 26
Session II: March 12 – April 30
Time: 5:45 p.m. - 7:00 p.m.
Age: 16 & Older
Location: Activities House

Course Code: 18034
Course Code: 18035



TUESDAY YOGA-PILATES FUSION

Day: Tuesday
Date: Session I: January 9 – February 27
Session II: March 13 – May 1
Time: 8:45 a.m. - 9:45 a.m.
Age: 16 & Older
Location: Activities House

Course Code: 18036
Course Code: 18037

WEDNESDAY INTRO TO ASHTANGA YOGA

Join us to learn the basics of Ashtanga yoga. Suitable for all levels. **In Session II the class will be a midweek slower paced meditation and restorative yoga class.**

Day: Wednesday
Date: Session I: January 3 – February 21
Session II: March 7 – May 2
Time: 6:00 p.m. - 7:00 p.m.
Age: 16 & Older
Location: Activities House
***No class on April 11 ***

Course Code: 18038
Course Code: 18039

THURSDAY GENTLE YOGA

Day: Thursday
Date: Session I: January 4 – February 22
Session II: March 8 – May 3
Time: 11:30 a.m. – 12:30 p.m.
Age: 16 & Older
Location: Activities House
No Class April 12

Course Code: 18040
Course Code: 18041

ASHTANGA FULL PRIMARY SERIES MYSORE STYLE

Day: Friday
Date: Session I: January 5 – February 23
Session II: March 9 – May 4
Time: 8:30 a.m. - 10:15 a.m.
Age: 16 & Older
Location: Activities House
No class April 13

Course Code: 18042
Course Code: 18043



PHYSICAL FITNESS