



MONDAY VINIYASA FLOW YOGA

Day: Monday
Date: October 29 – December 10
Time: 5:45 p.m. - 7:00 p.m.
Age: 16 & Older
Location: Activities House
***No Class Monday, November 19**

Course Code: 18445

TUESDAY YOGA-PILATES FUSION

Day: Tuesday
Date: October 30 – December 11
Time: 8:45 a.m. - 9:45 a.m.
Age: 16 & Older
Location: Activities House
***No Class Monday, November 20**

Course Code: 18447

ALL YOGA CLASS FEES:

\$56 PER RESIDENT

\$84 PER NON-RESIDENT

YOGA

Fayette County Parks and Recreation

Parks and Recreation Office:

980 Redwine Rd.
Fayetteville, Ga. 30215

Mailing Address:

140 Stonewall Ave. West
Fayetteville, Ga. 30214

Phone: 770-716-4320

E-mail:
recreation@fayettecountyga.gov

Website:
www.fayettecountyga.gov

WEDNESDAY INTRO TO ASHTANGA YOGA

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

Day: Wednesday
Date: October 31 – December 12
Time: 6:00 p.m. - 7:00 p.m.
Age: 16 & Older
Location: Activities House
***No class Wednesday, November 21**

Course Code: 18449

THURSDAY GENTLE YOGA

Day: Thursday
Date: November 1 – December 13
Time: 11:30 a.m. - 12:30 p.m.
Age: 16 & Older
Location: Activities House
***No Class Thursday, November 22**

Course Code: 18451

ASHTANGA FULL PRIMARY SERIES MYSORE STYLE

Day: Friday
Date: November 2 – December 14
Time: 8:30 a.m. - 10:15 a.m.
Age: 16 & Older
Location: Activities House
***No class Friday, November 23**

Course Code: 18453