



YOGA

	Yoga PM	Yoga-Pilates Fusion	Yoga-Pilates Fusion	Gentle Yoga	Ashtanga Yoga
<i>Days</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Thursday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Time</i>	5:45 - 7:00pm	8:45 - 9:45am	8:30 - 9:30am	11:30 - 12:30am	8:45 - 10:15am
	May 1 – 22 #17356	May 2 - 23 #17359	May 4 - 25 #17362	May 4 - 25 #17365	May 5 - 26 #17368
	June 5 - 26 #17357	May 30 - June 27 #17360	June 1 - 29 #17363	June 1 - 29 #17366	June 2 - 30 #17369
	July 17 - Aug 28 #17358	July 18 - Aug 29 #17361	July 20 - Aug 31 #17364	July 20 - Aug 31 #17367	July 21 - Sept 1 #17370

Yoga is a lifestyle incorporating natural exercise, proper breathing relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. *Yoga-Pilates Fusion* is a unique blend of core strength and flexibility. These classes will utilize yoga poses and fuse them with pilates techniques. A TOTAL MIND-BODY EXPERIENCE!

No Classes May 29, June 6 - 9

Payment options:

Full-time Session: Session I & II: \$40 (resident) or \$75 for both sessions
\$60 (non-resident) or \$112.50 for both sessions

Full-time Session III: \$68 (resident) \$102 (non-resident)

4-class pass (**Session III only**): \$44 (resident) \$66 (non-resident)

Drop in: \$14 (resident) \$21 (non-resident)

Unlimited Yoga: Session I & II: \$80 (resident) \$120 (non-resident)
Session III: \$140 (resident) \$210 (non-resident)

Age: 16 & older

Location: Activities House

Wear comfortable, loose fitting clothes and bring a yoga mat to sit on.

* Fayette County Parks and Recreation Dep: 770-716-4320 or visit www.fayettecountga.gov*