YOGA

	Viniyasa Flow Yoga	Yoga-Pilates Fusion	Gentle Yoga	Ashtanga Advanced Yoga
Days	*Monday*	*Tuesday*	*Thursday*	*Friday*
Time	5:45 - 7:00pm	8:45 - 9:45am	11:30 - 12:30pm	8:30 - 10:15am
	October 30— December 11 No Class November 20 #17537	October 31— December 12 No class November 21 #17539	November 2— December 14 No class November 23 #17541	November 3— December 15 No class November 24 or December 1 #17543

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!

Payment options:
Full-time Session: $56 (resident)
$84 (non-resident)
4-class pass (**Session III only):** $44 (resident) $66 (non-resident)
Drop in: $14 (resident) $21 (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*