

Yoga for Health

2017 Spring Session



Tuesday Morning

11 week session

April 18th-27th

9:30-10:30am

Class #20

Cost: \$88

Drop In Rate: \$12

Tuesday Evening

11 week session

April 11th-June 27th (no class May 30th)

7:30-8:30pm

class # 14

Cost: \$88

Drop In Rate: \$12

Thursday Evening

11 week Session

April 13th—June 22nd

8:00-9:00pm

class # 15

Cost: \$88

Drop In Rate: \$12

A flow-based Yoga class suitable for all levels. Build on your practice each week to help increase strength, flexibility & peace of mind. Modifications are always taught so that the class can accommodate people new to yoga along with those with an established yoga practice. Never feel intimidated to start, we offer a comfortable environment so anyone can come and experience the benefits of yoga!

**Relax, Rejuvenate,
Stay Healthy!**

*Taught by a Certified
Yoga Instructor!*

Register to reserve your spot in class!

Central City Dance & Fitness Center

734-459-0400