

YOGA CLASSES

JANUARY 9TH - APRIL 27TH, 2012

Hatha Yoga Monday 1615-1700

Hatha yoga class is open to all levels. This class will strengthen, stretch, tone and relax your entire body. Whether you are trying to get in shape, cope with tension from work or relieve the tightness in your body from sports, this yoga class can benefit you. Hatha yoga is the classic form of yoga postures and breathing that revitalizes the body physically and mentally. It is an uplifting practice that increases muscle tone, improves flexibility and concentration, detoxifies the vitals organs and allows you to relax deeply. You will leave feeling refreshed and renewed.

Instructor: Carly Stevenson



Vinyasa Yoga Thursday 1215-1245

Vinyasa yoga class is open to all levels. This class incorporates a continuous, steady flow of connected yoga postures linked with breath work.

Strengthen, tone, and stretch in this 30 minute challenge.

Instructor: Carly Stevenson



Fitness Class Prices

Military no charge

Drop In:

CRA Member \$2.50

Non Member \$5.00

10 Punches:

CRA Member \$18.00

Non Member \$40.00

20 Punches:

CRA Member \$30.00

Non Member \$80.00



MINIMUM 3 PARTICIPANTS