

# FIND YOUR OM AT THE YMCA

**Session II: November 2 - December 22**  
**All Yoga Classes Registration Deadline: Oct. 29**

## VINYASA YOGA

Expect movement and perhaps some sweating as you build heat flowing from one pose to the next linking your breath to the pose. All levels welcome and options given for those wanting more or less.

Day	Time	Member	Non-Member
M/W	6:20-7:20 a.m.	\$35 (\$2.50 per class)	\$105 (\$7.50 per class)
M/W/F	8:05-9:05 a.m.	\$42 (\$2 per class)	\$126 (\$6 per class)
M/W	8:05-9:05 a.m.	\$35 (\$2.50 per class)	\$105 (\$7.50 per class)
Fri	8:05-9:05 a.m.	\$21 (\$3 per class)	\$63 (\$9 per class)
T/Th	4:30-5:30 p.m.	\$35 (\$2.50 per class)	\$105 (\$7.50 per class)

## GENTLE YOGA

Great class for beginners, and everyone interested in exploring a slower, softer practice. This class includes foundational poses as well as breathing exercises and meditation.

Day	Time	Member	Non-Member
M/W/F	9:15-10:15 a.m.	\$42 (\$2 per class)	\$126 (\$6 per class)
M/W	9:15-10:15 a.m.	\$35 (\$2.50 per class)	\$105 (\$7.50 per class)
Fri	9:15-10:15 a.m.	\$21 (\$3 per class)	\$63 (\$9 per class)

## FIT YOGA

Slow Vinyasa practiced in a warmed up room. Expect to sweat as you hold poses longer to challenge strength, flexibility, balance and focus. Previous yoga experience preferred.

Day	Time	Member	Non-Member
T/Th	5:45-6:45p.m.	\$35 (\$2.50 per class)	\$105 (\$7.50 per class)

## POWER YOGA

Vinyasa style yoga that challenges your strength, flexibility, balance, focus and stamina with continuous movement while holding specific strength building poses longer. Previous yoga experience preferred or athletic ability.

Day	Time	Member	Non-Member
Wed	6:30-7:30p.m.	\$21 (\$3 per class)	\$63 (\$9 per class)

