

Unite your body, breath and mind while increasing your strength, balance and flexibility. The practice of yoga offers wonderful health benefits including techniques to calm the mind and reduce anxiety. Classes include teaching of asanas (poses) and pranayama (breath control). Props are available to assist beginners and those with physical limitations.

Instructor: Amy Johnson, Registered Yoga Teacher and Certified instructor with the Radiant Child Yoga Program. Classes taught in Aerobics Room.

Tues.: 5:30AM, 10AM
Thurs.: 5:30AM, 10AM, 6:30PM
Fri.: 10AM


Karate

Instructor Bill Beamer: Tae Kwon Do, 5th Degree Black Belt, 25 yrs. teaching experience.

Tues.-
 7PM-8:45PM-Kidz Klub

Thurs.-
 7PM-8:45PM-Kidz Klub

This is free for participants!
 12 and older. "Uniforms not included"

AB ATTACK

Wednesday & Friday
12:15-12:45 PM

30 Minutes of hard core exercise designed to strengthen and tone your mid-section. Let your lunch break help you lose extra inches!

BURN up to 800
 Calories in a single Hour.

WARNING
ADDICTED TO TURBO

"The Evolution of kickboxing has arrived!"



MONDAY 5:30AM-6:30AM
9:00AM-10:00AM
WEDNESDAY 5:30AM-6:30AM
THURSDAY 5:15PM-6:15PM
FRIDAY 5:30AM-6:30AM
SATURDAY 8:30AM-9:30AM