

FALL 2016 BEGINNER YOGA

Mondays

September 12 – October 17

(6 week class)

Times:

6:00 to 7:00 PM or 7:15 to 8:15 PM

(Code # 331800-W)

(Code# 331800-X)



A great class for those new to yoga and those who want to continue their practice. We will be working in the Vinyasa style of Hatha yoga in a fitness setting. Class includes breathing techniques, strengthening, stretching and meditation. Please wear comfortable clothing and bring a yoga sticky mat to class.

Fees Per Session:

\$41.00 Resident / \$46.00 Non-Resident

Instructor: Carolyn Esquivel

YogaFit Level 1, 2 & 3 and NPTI certified



CRWC
CRESTWOOD RECREATION
& WELLNESS CENTER

**5331 W. 135th Street
Crestwood, IL 60445
708-371-4810**

DON'T WAIT—REGISTER NOW
18 years and older
PRE-REGISTRATION IS REQUIRED