

FALL 2018 Yoga for Everyone

Mondays
September 10–October 15
(6 week class)

Times:
6:00 to 7:00 PM or 7:15 to 8:15 PM
(Code # 331800-C) (Code# 331800-D)



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



Instructor: Beth Robinson

Instructor Bio—
Beth has received her 200RYT training through Reflections Yoga Center. She is Yoga Alliance Registered, YogaFit Level 1 and Prenatal certified.

Fees Per Session:
\$41.00 Resident / \$46.00 Non-Resident

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