

# FALL 2019

# Yoga for Everyone

## Mondays

### August 19 – September 30

(6 week session) - *NO CLASS SEPTEMBER 2*

**Times:**

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

(Code # 331800-Q)

(Code# 331800-R)



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 for the 6-Week Session:  
**\$41.00 Resident / \$46.00 Non-Resident**

**CRWC**  
CRESTWOOD RECREATION  
& WELLNESS CENTER

**5331 W. 135th Street  
Crestwood, IL 60418  
708-371-4810**

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