



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STRETCH. BREATHE. FOCUS. FEEL BETTER. **YOGA CLASSES AT THE MARION FAMILY YMCA**

Millions of people do yoga because they love what it does for the mind, body, and spirit.

Yoga classes are **FREE** for Y members!

The Y offers a variety of yoga classes:

Vinyasa Yoga with Jeannie –
Tuesday and Thursday 5:15-6:15pm
Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling



Silver Sneakers Yoga with Valerie - Tuesday and Thursday 9:30-10:30am
Silver Sneaker Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement

Beginner Yoga with Valerie – Monday and Wednesday 9:30-10:30am
This class is designed for anyone that has never tried yoga or needs a slower paced yoga class. Participants will learn the proper form and technique of standing and seated poses of the primary series. The use of blocks and straps are encouraged

AM Yoga with Valerie – Tuesday and Thursday 11:00am—12:00pm
Begin the day with a great start in this Vinyasa style yoga class that will invigorate your morning

Hatha Yoga with Cheryl– Wednesdays 5:30-6:30pm
Gentle, basic yoga with no flow between poses. This is a slow paced yoga class with breathing and relaxation techniques

MARION FAMILY YMCA WOPAT YMCA CENTER

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