



Smokin YOGA

Pool Side



NEW! NEW! NEW!

**Heard of Hot YOGA?
You should try Smokin YOGA**

**This class is sure to burn the calories, make you more flexible
and to give you an over all relaxing feeling.**

This class will begin February 2nd

Tuesday's 12:15pm - 12:45pm – Instructor Chris Cates
Thursday's 5:15pm - 6pm - Instructor Carol Shaffer

FREE to members

Details of class:

- This class will be taught on the pool deck
- The pool room is kept at 85° (bring a sweat towel)
- Wear regular YOGA clothes or shorts and shirt
- You must provide your own YOGA mat (for germ control in a heated area)
- Calming atmosphere



Clinton County Family YMCA
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www.ccfymca.net
Face book - Clinton County Family YMCA, Indiana