

Lose The Mat Yoga **(BTB)

Improved posture, increased flexibility and strength training along with balance and stability, are just some of the benefits of Lose The Mat Yoga. Decrease tension and improve your mood as you follow the seated and standing poses in this enjoyable class without having to get down on the floor.

Program#: 171032
Location: Multi-Purpose Room
Min/Max: 7/20
Instructor: Mary Owens
Fee: \$37.00(R), \$42.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

<u>Section#:</u>	<u>Date:</u>	<u>Age:</u>	<u>Time:</u>	<u>Day:</u>
01	February 9 – March 23*	18 & Up	6:00-6:45pm	Tuesday
02	April 6 – May 11		6:00-6:45pm	Tuesday
03	May 18 – June 29***		6:00-6:45pm	Tuesday

** This program qualifies for the Back-to-Back discount with Pilates.

* No class the week of Feb 15th.

*** No class the week of May 31st.