



Yoga & Pilates

Feel better - Reduce Stress



Yoga

Learn the fundamental aspects of yoga, such as physical posture, breathing techniques, deep relaxation, visualization and meditation. The practice of yoga reduces stress and tension, strengthens the lungs, increases flexibility and mobility. Continuing sessions are available for those who have taken beginning yoga.

Mondays

Continuing: 6:15 - 7:15pm

Beginning: 7:30 - 8:30pm

January 23 - February 20

Pilates

Imagine an exercise program that you look forward to, engages you, and leaves you refreshed and alert with a feeling of physical and mental well-being. Pilates is designed to do all this and more. It consists of a series of exercises that gradually tones and strengthens your core muscles and improves flexibility. This class is designed for all levels of experience.

Wednesdays: 6:15 - 7:00pm

January 25 - February 22

Classes held at
C.I. Beaver Hall
3696 Highmont St

Resident Rate: \$45

Non-Resident: \$50

427-5514
ci.beavercreek.oh.us