



To Register: <https://saginaw.revtrak.net> or call **989-797-1847**

## **SPECIAL TWO WEEKS OF YOGA! (to fill the gap until the next 6-week sessions!)**

### **Register by: January 4**

Chair Yoga	Tuesday's class	2 Week Session: Jan. 10 - 17	5:15-6:05 pm	\$16
New You Yoga	Tuesday's class	2 Week Session: Jan. 10 - 17	6:30-7:30 pm	\$19
New You Yoga	Thursday's class	2 Week Session: Jan. 12 - 19	6:00-7:00 pm	\$19

### **Chair Yoga - Tuesday's class - 6 Week Session**

You've heard about all the benefits of yoga. If getting down on the floor is difficult for you, try CHAIR YOGA! In this modification of regular yoga, the moves and exercises are done entirely from the chair, hanging on to the chair and standing with the chair, with grace and ease. We will be working on breathing exercises, strength, balance, and flexibility. All of these factors are vital for functionality of the body, staying pain-free, and improving the quality of life. Instructor: Certified Yoga Instructor Anna Robles

### **Register by: January 19**

Location:	Heritage High School Media Center	Day(s):	Tuesday(s)
Date(s):	January 24 - February 28	Time:	5:15 - 6:05 PM
Class Fee:	\$48	Min/Max:	8/18

### **New You Yoga - Tuesday's class - 6 Week Session**

Beat the pandemic doldrums by joining this gentle Yoga class designed to help you rejuvenate physically and mentally. We'll practice the basic foundations of Yoga: proper alignment, breathing, sitting, standing, and reclining poses. You will master fundamental Yoga poses and you will stretch yourself out, breathe better and move more flexibly. Your energy, balance, and strength will increase to improve your daily life. Please wear loose, comfortable clothes and bring a Yoga mat to class.

Instructor: Certified Yoga Instructor Anna Robles

### **Register by: January 19**

Location:	Heritage High School Media Center	Day(s):	Tuesday(s)
Date(s):	January 24 - February 28	Time:	6:30 - 7:30 PM
Class Fee:	\$58	Min/Max:	8/18

### **New You Yoga - Thursday's class - 6 Week Session**

You can wave goodbye to your bad backs, aching muscles and stiff bodies. This gentle, but awesome Yoga class will take two styles of Yoga and fuse them into one: Hatha Yoga and Yin Yoga. In this combined practice we will incorporate movement, breathing and stretching exercises designed to strengthen bodies, calm minds and reduce stress levels. You will leave class feeling energized and relaxed. Please wear loose, comfortable clothes and bring a Yoga mat to class. Instructor: Certified Yoga Instructor Anna Robles

### **Register by: January 19**

Location:	Heritage High School Media Center	Day(s):	Thursday(s)
Date(s):	January 26 - March 2	Time:	6:00 - 7:00 PM
Class Fee:	\$58	Min/Max:	8/18