

Be good to your body & mind...

TUESDAYS 7:00pm

YOGA *classes*

Alexandria Community Center

RETURN SEPT 2ND

Tone, strengthen, de-stress

A challenging, yet relaxing class designed to improve posture, flexibility, muscular strength and power in a fitness format. A variety of poses and level options will be demonstrated. **This class is for all individuals of all fitness levels. Taught by a YogaFit certified instructor.**

\$5 per class - bring a mat and water

No commitments - pay as you go.