

Be good to your body & mind...

**TUESDAYS 7:00pm**

# **YOGA** *classes*

**Alexandria Community Center**

***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.**