

**TUESDAYS 7:00pm**

**FREE YOGA**

*classes*

**YOGA for all levels**

Calvin A Perry Community Center - 8236 W. Main St. Alexandria KY

***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.

***FREE through January - just bring a mat and water.***