



Spring 2008 Health and Fitness Classes

Yoga (Two Classes)

- I. Mondays, April 21 – May 12 (4 weeks), 7 - 8 PM.
- II. Tuesdays, April 22 – May 13 (4 weeks), 9 - 10 AM.

Cost: \$30 each class. Registration and payment deadline: Wednesday, April 16. Instructor: Jaya Raines. Class includes the basics and beyond in yoga - stretching, posture and gentle positions. This is a great way to experience the health benefits of yoga which include increased flexibility, improved body strength, sharpened mental focus and much more. Wear loose comfortable clothing and bring a mat or heavy quilt.

Kids Aerobics (Grades 1- 5)

Tuesdays, April 22 – May 13 (4 weeks), 6:15 – 7 PM. Cost: \$45. Registration and payment deadline: Thursday, April 17. Instructor: Margie Foust. Join this heart pumping, exhilarating aerobics class for kids! Tennis shoes are required.

Yamuna Body Rolling

Tuesdays, April 29 – May 20 (4 weeks), 10:45 – 11:45 AM. Cost: \$30. Registration and payment deadline: Thursday, April 24. Instructor: Valerie Whiting. Participants will learn routines and sequences to help lengthen and align the spine and neck and to relieve shoulder, knee and hip joints. Participants will also learn how to let go of tension habits.