

# Goose Creek Activity Center

# YOGA



Based on ancient tradition, **Yoga** utilizes a series of specific bodily postures practiced for health and fitness.

Can help to improve physical fitness and general well-being.

## YOGA LEVEL 1 - intermediate

Monday, 6-7pm

Daily: \$8

Instructor: Monica Dixon-Houston

## YOGA All Levels

Tuesday, 6-7pm

4-week session: \$32

Daily: \$8

Instructor: Debra Baugh



For more information contact the Goose Creek Community center at 569-4242 or visit [www.cityofgoosecreek.com](http://www.cityofgoosecreek.com)