

**NEW INSTRUCTOR
THURS., NOV 2**

Goose Creek Community Center

YOGA



INSTRUCTOR: Casondra LeBlanc is certified in Hatha 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.

LEVEL 1 (BASIC): FLOW YOGA CLASS

Thursday

6-7 pm

(held in preschool room)

Daily: \$8



For more information contact the Goose Creek Community center at 569-4242 or visit www.cityofgoosecreek.com