

Goose Creek Community Center

YOGA



INSTRUCTOR Monica Dixon Houston is certified thru Yoga-Fit.

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.

Flow Yoga is level 1 to intermediate with instruction.

4-WEEK SESSION LEVEL 1: FLOW YOGA CLASS

Monday

6-7 pm

in preschool room

Cost per 4 week session: **\$32 Resident/\$37 Non-Resident**

Daily: \$8



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