

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

Thursday, 6-7pm

Daily: \$8

Instructor: Monica Dixon-Houston

YOGA All Levels

Tuesday, 6-7pm

Daily: \$8

Instructor: Debra Baugh



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