

# Goose Creek Community Center

# YOGA



**INSTRUCTOR Jessica Campbell**  
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**

**Thursday**

**6:30-7:30 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.goosecreerecreation.com](http://www.goosecreerecreation.com)