

REGISTER FOR JANUARY SESSION  
AND RECEIVE ONE FREE CLASS.  
TUESDAY, JANUARY 19TH AT 9:00 AM.

# YOGA



**Starts:** January 26, 2010 to March 16, 2010

**Where:** Ft. Lupton Recreation Center

**Day:** Tuesday Only or Tuesday & Thursday

**Time:** 9:00 am – 10:00 am

**Instructor:** Pam McNulty (Yoga Certified)

**Fee:** Tuesday Only \$55 or Tuesday & Thursday \$100

**8 Week Session!**

**Code:** 2023.100

**Drop in Rate:** \$8 per class

**\*Must be registered by first class to participate in class or Drop in Rate will apply. No Prorating!**

Whether you seek to ease tension or to pump up your existing workout...Hatha Yoga may be what you are looking for! Yoga can aid in increasing core strength and stability, strengthen and lengthen muscles, increase range of motion and flexibility, as well as optimize the health of the body and mind to promote a sense of well being. You must be 18 yrs old to participate. Minimum participants are 6 and a Maximum participant is 20.

