

*"Yoga is an art, a science and a philosophy. It touches the life of man at every level: physical, mental, spiritual. It is a practical method for making one's life purposeful, useful and noble."
— B.K.S. Iyengar*



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NEW YOGA CLASS AT ANYTIME FITNESS

Fundamentals of Yoga for All Levels

Tuesdays
7:00 – 8:00 PM
classes begin June 2

Classes are free for all
Anytime Fitness members

This class will help you build strength, stamina, flexibility, and balance while focusing on proper posture and alignment in the classical yoga poses. It is suitable for beginning students and experienced practitioners looking to deepen their knowledge of yoga. The principles taught in this class will help you reduce stress and relieve pain while improving your overall yoga practice.