



4-week series

# AQUA YOGA

Aqua yoga takes yoga off the mat and into the water making it accessible to everyone. Those with muscle or joint limitations, pregnant women, athletes, and experienced yoga students looking to deepen their practice will enjoy the peaceful and calming effects of the water.

<b>WHEN</b>	Sundays, October 31-November 21 3-3:45pm
<b>INSTRUCTOR</b>	Melinda Behn
<b>LOCATION</b>	Lap Pool (limited spots available in the Exercise pool)
<b>COST</b>	Members \$20 Non-Members \$40

Register online or at the Member Services desk in person or by calling 515-226-9622.