



3-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.

WHEN	Sundays, December 5-19 3-3:45pm
INSTRUCTOR	Melinda Behn
LOCATION	Lap Pool (limited spots available in the Exercise pool)
COST	Members \$15 Non-Members \$30

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