

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.

Day: Sundays
Dates: Starting November 6
Time: 3 - 3:45pm
Location: Lap pool and Exercise pool
Cost: \$25 for 5 classes
Instructor: Melinda Behn

For more information,
or to purchase your
5 class punch card,
visit the Member
Services desk or call
515-226-9622.