



# 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  
**Time:** 3 - 3:45 p.m.  
**Location:** Lap pool and Exercise pool  
**Cost:** \$25 for 5-class punch card  
**Instructor:** Melinda Behn

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