



WELLNESS

The YMCA of
Harrison County
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New Member Plus Class

YOGA

Shireman Studio

FITNESS YOGA - This yoga style combines the traditions of yoga along with the principles of exercise for strength and flexibility training. Many of the classic postures have been modified to allow all levels to participate and keep the tension in the joints to a minimum. The class begins with warm-up postures, moves into standing work, balancing poses, seated and more restorative poses.

- **Tuesdays from 6 to 7 pm (Classes begin June 8th)**

STRETCH & BALANCE - Stretches for all muscle groups, deep breathing, and beginner yoga postures are the focus for this class which will end with guided relaxation encouraging stress management and increased muscle strength and flexibility.

- **Thursdays from 8 to 9 am (Classes begin June 10th)**

STRETCH & BALANCE FOR PARENT & CHILD - Stretches for all muscle groups, deep breathing and beginner yoga postures are the focus for this class which will end with guided relaxation encouraging stress management, improved parent-child bond and increased muscle strength and flexibility.

- **Saturdays from 9:30 - 10:30 am (Classes begin June 12th)**

**COME OUT AND WELCOME OUR NEW
YOGA INSTRUCTORS!**