



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7/11

YOGA

What is it?

Yoga is an ancient form of exercise, combining spirit, mind and body development. Movements involve balance, strength and flexibility and focus on breathing. Yoga offers physical discipline to keep bodies healthy. Beginner to intermediate.

Who is it for?

This class is for people of all ages and fitness levels looking to improve flexibility, strength, balance, coordination, concentration and to improve your over well-being.

What do I wear?

Wear loose comfortable clothes (not baggy). Yoga is performed with bare feet (socks are optional). A mat is provided, but feel free to bring your own.

Where should I go on the first day of class?

Come to the front desk and they will direct you to where the Yoga class is being held.

How do I register?

To register for this class see our current Program Guide for class days, times, fees and session dates. Then drop by any Green Bay YMCA Front Desk, call 436-9595 or register on line – www.greenbayymca.org. We accept Discover, Visa or MasterCard.

Other information?

Contact:	Downtown Center	436-9552
	West Side Center	436-9533
	Broadview Center	436-9541
	East Side Center	436-1250

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.