Beginner Yoga w/ Sharon (Ages 16+)
Learn basic yoga postures: sitting, standing, and lying down. Emphasis on breathing and alignment. Bring a yoga mat.
Dates: Tues., 10:30-11:15 a.m., May 26 & June 2
Location: Zoom
Fee: $12R/$16NR (2 classes)

Basic Bootcamp w/ Denise (Ages 16+)
A 45-minute Boot-Camp style workout held in the gym: battle ropes, resistance runs, and much more will be used in this high-intensity workout!
Dates: Thurs., 9:30-10:15 a.m., May 28 & June 4
Location: Zoom
Fee: $12R/$16NR (2 classes)

Mixed Level Yoga (Ages 16+) w/ Sharon
A Flow Vinyasa Yoga class that builds strength and challenges flexibility and balance. Bring a yoga mat.
Dates: Thurs., 10:30 - 11:15 a.m., May 28 & June 4
Location: Zoom
Fee: $12R/$16NR (2 classes)

Strength Fusion w/ Jodie (Ages 16+)
A fusion of strength, balance, and functional training using a variety of equipment.
Dates: Fri., 9:30 - 10:15 a.m., May 29 & June 5
Location: Zoom
Fee: $12R/$16NR (2 classes)

Silver Sneakers Yoga w/ Kira
Silver Sneakers Yoga class provides all the benefits of traditional yoga while standing or sitting in a chair.
Fri., 11:15 a.m. - 12noon, May 29 & June 5
Location: Zoom
Fee: $12R/$16NR (2 classes)

Remember...
No Friendship Center Membership Fees will be withdrawn for the month of May.