

9-12TH GRADES

# YOUTH POWER YOGA

Tuesdays 3:30pm

June 6, 13, 20, 27  
July 11, 18

Beaver Dam Family Center  
609 Gould St

This Power Yoga flow will torch your calories, tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment. This dynamic mix of sweat and spirit that is cultivated in Power Yoga flow will challenge you to step up to your edge, and unlock your hidden potential for achieving authentic personal power and living an extraordinary life.

## 6 week sessions

Early Bird Special:

Sign Up before

June 1: \$45

After June 1 : \$48

Walk Up:

\$10/class



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