

Teen & Adults

WELCOME

POWER YOGA

Tuesdays 3:30pm

Beaver Dam Family Center

July 25;

Aug: 1, 8, 15, 22, 29



6 week sessions

Early Bird Special:

Sign Up before

July 18: \$45

After July 18: \$48

Walk Up: \$10/cass

MINIMUM SIGNUP

OF 4 RESERVE

YOUR SPOT NOW!!!

WHO DOES YOGA??

Katy Perry, David Beckham,
Jennifer Aniston, Shaq, Dirk
Nowitzki, Justin Timberlake,
Victor Cruz, Russel Brand,
Evan Longoria

WHY YOGA?

Athletes and Non-Athletes
benefit from yoga!
Tighten and tone your body
Build Confidence
Control test anxiety
Decrease depression
And so much more!!!



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