

# Aquatic YOGA

Aquatic YOGA is a great way to tone and stretch muscles, and gain physical agility. Anyone can participate in Aquatic YOGA. Work on building a healthy, mind spirit and body with this class. This class accommodates all fitness levels. YOGA also has been shown to improve arthritis. Please register no later than the Friday before the class starts on Saturday. No swimming ability required.

**CLASS TIME:** 7:00 – 7:45 AM

**CLASS DAY:** Saturdays

**SESSION COST:** \$20 Month Members, \$30 Month Non-Members  
(pay per class option: \$6 Members, \$10 Non-Members)

**INSTRUCTOR:** Sarah G.

**SESSION DATES:**

**February 6-7**

**March 6-27**

**April 3-24**

**May 1-22**

**June 5-26**



**Ragsdale Family YMCA 900 Bonner Dr. Jamestown, NC 27282**  
**336-882-9622 – [www.ragsdaleymca.org](http://www.ragsdaleymca.org)**

Office use only: Regcode: 07AQYOGA