

Allen Center *Yoga Series*

February 6 - April 30

Mondays 4:30 - 5:45pm, Studio B

All levels are welcome.

Classes include basic to intermediate postures and breathing techniques with modifications to meet individual needs.

Series fees are required. Pay at the Cardio Center front desk.

community: \$120 full series, \$12 drop in

faculty & staff: \$80 full series, \$8 drop in

students: \$50 full series, \$5 drop in

25 participants per class.

Sign up today at the Cardio Center front desk!

