



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**BREATHE
STRETCH
RELAX**

YOGA AT THE Y

Beginning Yoga with Nicole Brown

Learn the basics of yoga using postures and stretches in combination of the breath to develop flexibility and relaxation. A flow series with lots of movement. NOW with chair modifications (as requested).

Tuesday & Thursday 7:45pm - 8:45pm and Saturday 10:30 - 11:15am AS2

Silver Stretch with Steve Bentley

This beneficial and gentle yoga class is designed to enhance mobility and flexibility, balance and confidence. This class utilizes modified yoga poses, seated or standing, using a chair for support to strengthen the body.

Tuesday & Thursday 8:15 - 9:00am AS1

Vinyasa Yoga with Jeannie Brewer

This yoga class combines a series of poses that will move you through the power of inhaling and exhaling.

Monday & Wednesday 6:00 - 6:45pm AS2

Mixed Level Yoga with Steve Bentley/Lisa Ebert

This class deeply explores the foundation yoga poses in a variety of yoga styles. This class is designed for those renewing a yoga practice or who want to build upon their yoga.

Tuesday & Thursday 9:15-10:00am AS2

Y KIDZ Yoga with Nicole Brown

Y Kidz Yoga offers a safe, inclusive, and dynamic environment for kids to explore their natural flexibility, develop physical strength, and build emotional resilience with mindful movement, games, breathwork, and visualization to promote overall well being.

Ages Kindergarten - 5th grade.

Saturday's at 12:00pm

Members: \$10 per month

Non Members: \$30 per month

Foundation Yoga with Nicole Brown

FREE for adult members and guests! Learn the basics of yoga including breathwork, transitional poses, and tips for people new to yoga. Offered the fourth Sunday of the month.

4th Sunday of the month

2:00pm - 3:00pm AS2

**MARION FAMILY YMCA
WOPAT YMCA CENTER**

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