

## Fall Yoga and Fitness Classes

Lake Nebagamon Auditorium

11596 E. Waterfront Dr., Lake Nebagamon, WI

September 1<sup>st</sup> - November 30<sup>th</sup>

\*\*\* NO Class September 2<sup>nd</sup> \*\*\*

\*\*\* NO Classes November 25<sup>th</sup>-29<sup>th</sup> \*\*\*

### MONDAY 9:30-10:15AM

Yoga Flow (ALL levels) (Weights following yoga class)

Focus: Sequenced yoga poses

Yoga poses on mat (chair optional for stretching/relaxation)

### WEDNESDAY 9:30-10:15AM

Tabata Class (ALL levels)

Focus: Light/moderate weight lifting - Bring your own weights

Chair and standing (mat optional for stretching/relaxation)

### FRIDAY 9:30-10:15AM

Gentle Yoga (ALL levels) (Weights following class)

Focus: Stretching & Balance

Chair and/or mat

Kerry Kowalik

(218) 461-5355

Drop In \$10 (passes good for any class)

5 Class Pass \$45 or 10 Class Pass \$80