



Beginning Yoga Class

With Instructor Jan Bogue

Friday Evenings

from 6:00 to 7:30

**Classes are held in the
Racquetball Court in Luckie Park.**

Fee: \$35. per month.

***\$25. per month for members of the
Hand to Hand Martial Arts classes.**

Jan Bogue is a certified personal trainer for the National Academy of Sports Medicine. He is a certified instructor for Sport Yoga and Spencer Pilates through the National Exercise and Sports Trainers Association. He is currently studying Integrated Flexibility Training and Neuromuscular Stretching through NASM.

Beginning yoga will cover safety, the basic postures, breathing method, a series of interlinked postures, the science behind flexibility training and the techniques of various other well known teachers who wish to bring internal awareness to your mind and body.

Class size is limited to 10 students. Call 760-367-6122.

