

# Poolside Power Yoga

Experience the peaceful power of Poolside Power Yoga!!

Poolside Power Yoga is a fitness based, flow style yoga class. Focus will be on linking conscious breathing with a vigorous—yet mindful flow through yoga poses or postures.

This class is a challenging, yet accessible class that will build upon basic yoga poses, and also offer new poses and challenging variations of those poses as the classes progress, allowing each participant to work at their maximum potential. The class will end with time of deep relaxation, restoration and meditation.

Please wear comfortable, breathable clothing. Abstaining from eating one hour prior to class is advised. Bring a water bottle. Limited mats are available for use, participants are encouraged to bring their own.

Come join us for an energizing, challenging, powerful good time!!!

## Poolside Power Yoga

<u>Session</u>	<u>Activity #</u>	<u>Dates</u>	<u>Day</u>	<u>Times</u>	<u>Pricing</u>
Winter 1	311101-02	1/11-2/15/2018	Thursdays	9:00p to 9:45p	R \$35.00/NR \$45.00
Winter 2	711101-02	3/1-4/12/2018	Thursdays	9:00p to 9:45p	R \$35.00/NR \$45.00
Spring	411101-02	4/26-5/31/2018	Thursdays	9:00p to 9:45p	R \$35.00/NR \$45.00
Summer	511101-02	6/14-7/19/2018	Thursdays	9:00p to 9:45p	R \$35.00/NR \$45.00
Back to School	111101-02	8/23-9/27/2018	Thursdays	9:00p to 9:45p	R \$35.00/NR \$45.00
Fall	211101-02	10/11-11/15/2018	Thursdays	9:00p to 9:45p	R \$35.00/NR \$45.00
Fall 2*	811101-02	11/29-12/20/2018	Thursdays	9:00p to 9:45p	R \$25.00/NR \$35.00

\*Shortened 4 Week Session due to the holidays.

5% Amusement Tax included in above pricing.

Classes must be registered and paid for prior to the start of 1st week of class. No pro-rating offered.

Each activity # must have a minimum of six (6) participants enrolled in order for class to run.



The Water's Edge Aquatic Center, 545 John Street, Bensenville, IL 60106 (630) 766-8888 [www.bensenville.il.us](http://www.bensenville.il.us)