

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

Thursdays, January 18, 2018 to February 22, 2018

9:00p to 10:00p

Winter 1 Session

Activity # 311101-02

Residents: \$35.00 Non-Residents: \$45.00

5% Amusement Tax included in above pricing

*This is NOT a school sponsored activity.



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