



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S START AT THE BEGINNING

BEGINNER YOGA CLASS CHIPPEWA FALLS YMCA

Walk through the basics of yoga - postures, flows, and all the health benefits Yoga provides! This class is geared to the novice with little to no experience. Please wear athletic clothing.

When: First Wednesday of every month
Nov 2, Dec 7, Jan 4, Feb 1, & Mar 1
Time: 5:00-6:00 PM

Members: FREE
Non-Members: \$5 Day Pass
- No Registration Required-

Where: Chippewa Falls YMCA - Yoga Studio
Instructor: Rebecca Snyder

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