Power Yoga

Session 2
November 2 – December 16, 2010
[6 Weeks, No Class 11/23, Nov 25]

CLASS/TIME:      Tuesday Class   4 - 5 PM
                 Thursday Class   4 - 5 PM

LOCATION:        Buck Center – Room 301

COST:            One Class Only:   $36 for Students; $48 for Fac/Staff
                 Both Classes:    $72 for Students; $96 for Fac/Staff
                 Drop-In:         $7 for Students; $9 for Fac/Staff

INSTRUCTOR:      Dennis Kimmage

CLASS DESCRIPTION: Power yoga transforms traditional yoga postures into a dynamic flow. Using body weight, isometrics, and coordinated breathing, power yoga enhances muscle strength, flexibility, cardiovascular health, and endurance while maintaining the meditative and stress-reducing aspects of traditional yoga. Yoga is an ancient, time-tested, and natural way to fitness and balance of body, mind, and spirit.

REGISTRATION: Email dennis.kimmage@gmail.com or call 721-9789