

# YOGA AT THE YMCA IN GREENFIELD IS FREE WITH YOUR MEMBERSHIP FIND THE PERFECT YOGA CLASS FOR YOU!

Monday	5:30-6:30 pm (Wellness Studio)	NEW TIME! Breath and Balance with Rain (moderate)
Tuesday	5:30 - 6:30 pm (Wellness Studio)	Embody® Yoga with Barbara (moderate)
Tuesday	5:30 - 6:30 pm (Social Room)	Gentle Yoga for Beginning Students with Danielle
Wednesday	6:35 - 7:30 pm (Wellness Center)	Iyengar Yoga with Gary (level 1 yoga)
Thursday	5:30 - 6:30 pm (Wellness Studio)	Embody® Yoga with DeDe (moderate)
Thursday	6:35 - 7:30 pm (Wellness Studio)	Beginning Ashtanga Yoga with Julie (vigorous)
Friday	9:30 - 10:30 am (Wellness Studio)	Gentle Yoga for Beginning Students with Danielle
Saturday	9 - 9:55 am (Wellness Studio)	Embody® Yoga with Barbara (moderate)
Sunday	9:10 - 10:10 am (Wellness Studio)	Beginning Ashtanga Yoga with Julie (vigorous)



**BENEFITS OF YOGA INCLUDE:**

Increased stability	Increased joint mobility & muscle suppleness
Improved balance, energy, & power	Improved posture and immune system
Reduced stress	Reshapes your body
Release of toxins from your body	

“I was a member of your recent Volunteer Exercise Study Group. It was a very positive experience. All of the members and staff were very nice and helpful. I proved to myself I could actually stick to an exercise and be self motivated. It has shown me I can lose inches and pounds by just showing up and doing a 45 minute workout 3-4 times per week. This is a great facility and wonderful **opportunity for all** in this depressed area (financially).”

**My thanks to all!**

- Tammy S.

## RED CROSS LIFEGUARD TRAINING

**Great certificate to have for summer or part time employment.**

Upon successful completion of this class participants receive Red Cross certifications. This course is for strong swimmers ages 15+. Training in Standard First Aid and CPR-for-the-Professional is provided. This 36-hour course includes lectures and pool time. Feb. 28 - April 19

<b>Day</b>	<b>Time</b>
TuTh	6 - 9 pm
Fee:	M \$350 • NM \$375

Space is limited so register early. The course ends in time so course graduates can apply for summer indoor and outdoor jobs.

