



## Yoga

**Instructor:** Danielle Gardner, Certified Yoga Instructor

**When:** Tuesdays, 9-week session (*starting 1/3/12*)

**Class dates:**

**1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28**

**Class time options:**

[Class 1: 11:30 am – 12:00 pm](#)

[Class 2: 12:15 pm – 12:45 pm](#)

[Class 3: 1:00 pm – 1:30 pm](#)

**Where:** Administration Building  
301 West Jefferson St.  
Basement, **New Group Exercise Studio**

**Info:** Yoga classes are multi-level, beginners are welcome. A variety of yoga practices and routines will be taught.

**Cost:** Determined by the number of people registering for the class. Students share the cost of the instructor. We ask that you register **by Friday, December 30<sup>th</sup>**. Click on the class of your choice above to email Jan Hertzfeld and include contact information. Jan will send out class details and cost prior to the first class.

**Payment for the 9-week session will be required at the first class on January 3<sup>rd</sup>**. You will need to bring cash or a check made payable to Danielle Gardner.