

BEGINNER DDP YOGA



YOUR JOURNEY STARTS HERE!

BEGINNER DDP YOGA 

**MON & WED - DAY CAMP ROOM
9:15 AM - 10:00 AM (45 MINS)**

WHAT WE DO

**LEARN THE BASICS OF DDP YOGA
IMPROVE FLEXIBILITY & BALANCE
LOW IMPACT PAIN MANAGEMENT & REHAB**

THIS CLASS IS FOR

**BEGINNERS TO ANY TYPE OF YOGA
50+ AGE GROUP & SENIOR CITIZENS*
FORMER OR INJURED ATHLETES & VETERANS***

***PLEASE CONSULT YOUR PHYSICIAN BEFORE BEGINNING THIS OR ANY WORKOUT PROGRAM.**

\$25 PER MONTH OR \$5 WALK-IN!

