DDP YOGA

"IT AIN'T YOUR MAMA'S YOGA"

MON & WED

DDP YOGA

MON & WED - DAY CAMP ROOM
7:15 PM - 8:15 PM (60 MINS)

WHAT WE DO

BURN FAT & BUILD STRENGTH
IMPROVE FLEXIBILITY & BALANCE
LOW IMPACT & HIGH CARDIO WORKOUT

THIS CLASS IS FOR

ALL BODY TYPES & FITNESS LEVELS
MEN & WOMEN ARE WELCOME!

$25 PER MONTH OR $5 WALK-IN!

MORE CLASSES ALSO AVAILABLE!
ASK ABOUT UNLIMITED MEMBERSHIP
FOR ACCESS TO ALL DDP YOGA CLASSES!