

YOGA



We invite you to join us on the mat for..

Tel 780 830 7407

Power Flow

Power Yoga is a fitness-based vinyasa practice. Some qualities and benefits of power yoga include building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.

When: Tuesday

Time: 6:15PM-7:15PM

Instructor: Maegan Bradley

\$15 Drop-In Fee

\$135 10 Punch Pass

Yin/Yang

Yin/Yang Yoga is a class that balances the newly developed Yin yoga practice for the first half of the class with traditional Yang yoga practices for the second half of the class. This class can provide you with a practice that starts with deep, introspective, and quiet yoga that evolves into an energizing and uplifting yoga that sets you on your way for the rest of your day.

When: Tuesday and Friday

Time: 5:00PM-6:00PM

Instructor: Maegan Bradley



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