

Rekindle Hope



Health
is
Wealth

Yoga Flow

Improving the connection between your head and your heart using yoga flow asanas with stretching and yogi techniques. This practice will lead you to find your bodies' flow while improving your strength, balance, and flexibility.

Mon. Wed. — 8:30am-9:30am

Sat. — 8:30am-9:30am

Strength

Exercise with weights to increase strength, balance, and bone density. This practice is easy to learn, will help reduce falls and bring balance into your body as well as your life.

Mon. & Wed. — 10:00am-11:00am

Chair Yoga

Carefully guided exercises for balance, strength, and flexibility — mentally as well as physically — to help those in need of a more gentle practice. Utilizing the body evenly to bring it back into balance. Yoga can add years to your life as well as life to your years.

Tues. & Thurs. — 8:30am-9:30am

\$5.00 PER CLASS
Walk-ins Welcome!

Trish 920-407-1361

Readfield/Caledonia Community Center
E9181 State Road 96, Readfield, WI