

Winter Break Yoga Sampler ~ \$30 ~ Register for Fitness500 17987

All classes in Room FW-53. Please bring water to all classes. All levels welcome in every class.

All Levels Yoga- Fundamental yoga postures combined with breathing to build strength and flexibility. This format is geared for all skill levels.

Yoga Basics ~ Focus on fundamental yoga postures and combine breathing with movement to build strength and increase flexibility. Highly recommended for beginners.

Intro to Power Yoga ~ Yoga postures designed to gain strength, increase flexibility and release toxins. Prior yoga experience recommended, however, all skill levels are welcome.

Healthy Backs ~Relieve back pain. Relax and strengthen your back with gentle stretching and toning exercises to release core tension and promote spinal flexibility.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 18 9-10:30 am Intro to Power Anna 10:40-12pm Yoga Basics Anna	Dec 19 9-10am Intro To Power Anna 5-6:15pm Intro To Power Anna	Dec 20 6pm Yoga Basics Donna	Dec 21 9-10am Intro To Power Anna 5-6pm Intro To Power Anna 6-7:15pm Healthy Backs Anna	Dec 22 6pm Yoga Basics Susie	Dec 23	Dec 24 9-10:30 am All Levels Yoga Anna
Dec 25 <i>Happy Holiday!</i>	Dec 26 9-10am Intro To Power Anna 5-6:15pm Intro To Power Anna	Dec 27 6pm Yoga Basics Emily	Dec 28 9-10am Intro To Power Anna 5-6pm Intro To Power Anna 6-7:15pm Healthy Backs Mary Lea	Dec 29 6pm Yoga Basics Susie	Dec 30	Dec 31 9-10:30 am All Levels Yoga Anna
Jan 1 <i>Happy New Year!</i>	Jan 2 9-10am Intro To Power Anna 5-6:15pm Intro To Power Anna	Jan 3 6pm Yoga Basics Donna	Jan 4 9-10am Intro To Power Anna 5-6pm Intro To Power Mary Lea 6-7:15pm Healthy Backs Mary Lea	Jan 5 6pm Yoga Basics Susie	Jan 6	Jan 7
Jan 8 9-10:30 am Intro to Power Anna 10:40-12pm Yoga Basics Anna	Jan 9 9-10am Intro To Power Anna 5-6:15pm Intro To Power Anna	Jan 10 6pm Yoga Basics Donna	Jan 11 9-10am Intro To Power Anna 5-6pm Intro To Power Anna 6-7:15pm Healthy Backs Mary Lea	Jan 12 6pm Yoga Basics Emily	Jan 13	Jan 14

Sunday, Jan 15, Spring Semester Starts! Register for PED126 16499 Jan 15 - May 8, 2012

Glendale Community College www.gccaz.edu/fw