

# Unlimited Yoga ~ Open To The Public

## Yoga Sampler ~ Spring 2012



Attend any class with unlimited visits. Choose from a variety of formats and instructors.

All skill levels welcome. Open to the public.

Yoga Sampler is a mind-body class that will help improve fitness, health and wellness by combining focused breathing and movement through various yoga poses. It will also enhance mental acuity, athletic performance, enhanced balance, improved flexibility, improved strength and reduce stress.

Grading is Pass/No Credit with a letter grade option (See Olivia before first day of class).

New students must contact Olivia (623-845-3798) for an orientation.

January 15 - May 8, 2012	PED126 16499	1.5 Credits = \$139
January 30 - May 8, 2012	PED126 16533	1.5 Credits = \$139
February 27- May 8, 2012	PED126 16534	1.5 Credits = \$139
March 29 – May 8, 2012	Fitness500 14606	No Credit=\$45
April 2 – May 8, 2012	Fitness500 14609	No Credit=\$45

### ~All classes held in room FW-53~

Mondays	10-11am	Intro to Power Yoga
	5-6:15pm	Intro to Power Yoga
Tuesdays	9-10am	Yoga Basics
	6-7:15pm	Yoga Basics
Wednesdays	10-11am	Intro to Power Yoga
	5-6pm	Yoga Flow
	6-7:15pm	Healthy Backs
Thursdays	9-10am	Yoga Basics
	6-7:15pm	Yoga Basics
Sundays	9-10:30am	Intro to Power Yoga
	10:40-12pm	Yoga Basics

**Yoga Basics** ~ Focus on fundamental yoga postures and combine breathing with movement to build strength and increase flexibility. All skill levels welcome. 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. Bring water.

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



GLENDALE COMMUNITY COLLEGE

### 3 Ways to Register:

623-845-3333 or [www.my.maricopa.edu](http://www.my.maricopa.edu) or Enrollment Center on campus

Updated 11/8/2011