

we have more!

Mom! Dad! Kids!

FREE Family Fun Fridays!

Every Friday
5:30 - 9:00 p.m.

FREE TO ALL FAMILIES

Pre-registration not required--Come and join us
Friday evenings & enjoy a healthy snack!

Volleyball Zumba Sports
Swim Nutrition & more!

Contact Tiffany at 508-767-2505 ext. 3032

SUMMER IS JUST AROUND THE CORNER!

If you have a backyard pool, maybe you would like...

HOME POOL SWIM LESSONS

A YWCA instructor will come to your home to teach private or group swim lessons. For all ages and skill levels. Infant through Adult... Beginner through Advanced Swim levels.

CUSTOM GROUP SWIM LESSONS are also available at the YWCA Camp Wind-in-the-Pines in Leicester.

Call 508-767-2505 ext. 5512 to schedule your lessons.

Celebrate with a Party

Splash Party *(Economical)*

1 hour in the pool, 1 hour party room.
Basic package is based on 25 people.

Customized Parties

Choice of supervised activities include:
Pool, Gym Games, "Gym-a-Knees" and Indoor Sports.

Basic packages are based on 15 people.

Party packages start at only \$95

Call 508-767-2505, ext. 3039
to book your party today!

Hey Kids! Join us for Open Gym

Facilitated Games & Activities

Mondays 4:00 - 6:00 p.m.
Wednesdays 4:00 - 6:00 p.m.
Fridays 4:00 - 6:00 p.m.

FREE TO FITNESS PLAN MEMBERS
BASIC MEMBERS PAY \$4

Pre-registration not required--Come and go as
you please during the times above!

Youth must be at least 5 years old and sign-in
and out with a parent. Parents are welcome to
participate, but not required to stay once the child
has been signed-in with the gym instructor.

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health promotion class & program guide 2010

Spring Session I: March 1 - April 25, 2010
Spring Session II: April 26 - June 20, 2010

eliminating racism
empowering women **ywca**
Central Massachusetts

Membership Required

To enroll in any fitness, aquatic, or specialty classes, you must be a Member/Associate of the YWCA Central Massachusetts. To become a Member/Associate, see the Front Desk or fill out a registration form online at www.ywcaworcester.org. Current membership is required throughout session participation, and is non-refundable-non-transferable. Classes in which both parent and child participate, require an Adult Membership.

The annual basic membership helps support the YWCA mission and its community programs.

Member/Associate Type	Dues
Adult (individual 18+ years old)	\$40
College Student (full-time)	\$25
Single Parent Household	\$40
Senior (60+ years old)	\$20
Youth (under 18 years)	\$25
Household	\$65

Access Cards

A membership card is given to all YWCA members. This card provides access to the Health & Wellness Center and the gated parking lot. Participants must carry their access card with them at all times. Cards take three business days to process. There is a \$5.00 replacement fee for a lost card.

Class Registration

You may register in person, by mail or by calling 508-767-2505. Payment is due in full at the time of registration. Registrants must have a valid YWCA basic membership throughout the class session. Discounts may apply if you are a health insurance subscriber or Annual Fitness Plan member; please inquire at the Front Desk. Registrations are accepted on a first-come, first-serve basis. The YWCA reserves the right to cancel a class due to low enrollment. There are no make-up sessions for missed classes unless the YWCA canceled the class.

Class Discount

The YWCA offers a 10% discount when two or more children (17 years or under from the same family) register for a class. The discount is applied to the second and subsequent children on the lesser registration amount. Deluxe Fitness Plan members receive a 15% discount on registered classes. For details ask at the Front Desk.

Scholarship Assistance

Financial aid, up to 50% on annual fitness plan and registered class fees, is available for income-eligible individuals and families. See the Front Desk for an application.

Refund Policy

If the YWCA cancels a class due to low enrollment, you will be notified and given the option of a credit towards another activity or a refund. The YWCA basic membership fee is refundable only when purchased in conjunction with a class that is cancelled. Most refunds require a \$10.00 processing fee.

Facility Rules

All members and guests must check in at the Front Desk when entering the building. All children under the age of 13 must be accompanied by an adult at all times unless the child is participating in a supervised youth activity or class. Children who are not toilet trained must wear a swim diaper with tight-fitting legs and waistband in the pool. For the safety of our members, children are not allowed to attend

any class in which they are not registered. All registrants must pay the appropriate fees for facility use. Inappropriate behavior can result in suspension of privileges.

Child Care

Drop-in care for children two months through seven years of age is available Monday - Friday, from 9:00 a.m. to 1:00 p.m. while parents take a class or work-out in our facility. Reservations are honored on a first-come, first-serve basis and must be made in advance at the Front Desk. Fees vary depending on child's age. Space is limited. Canceled reservations are eligible for credit only. No refunds will be issued for this service. For more information contact the Front Desk.

Lockers & Locker Room Policy

Lockers are available for day use by Health & Wellness Center participants. Individuals must provide their own lock. The YWCA is not responsible for lost or stolen property. A limited number of short lockers are available for rental. Locks and logo sport towels available for purchase at Front Desk. Parents with children 6 years and older must use the appropriate gender adult locker room. In addition to the locker rooms, there are two private family changing rooms available. Children under 16 years of age are prohibited from using the steam room.

Parking

The YWCA gated parking lot is available for member parking only while attending a program or class in the building. Due to a limited number of spaces, the YWCA does not guarantee the availability of parking. If the lot is full, try the municipal lot next to the Library. Cars parked in other YWCA areas may be towed.

Items For Sale

YWCA t-shirts, ball caps, bathing caps, goggles, logo sport towels, locks, nose clips, etc. are available for purchase at the Front Desk. All sales are final.

registration form

Please use one form for each person registering for a class. Only those registration forms completed in their entirety will be processed. PLEASE PRINT.

Sex: F / M

Class Registrant: _____ DOB: _____

Parent's Name: _____

Email: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Session: Fall I Fall II Winter Spring I Spring II

Class Name: _____ FDC: _____ Fee: \$ _____

Day(s): _____ Meeting Time: _____

Membership Status: Member Non-Member

Current Members fill out the information below

Name on Card: _____ Exp. Date: _____

New or expired memberships fill out the information below

Join Now: New Renew

Head of Household: _____

Other Adult: _____

Youth: _____

Youth: _____

Method of Payment: Check MasterCard VISA Discover

Account #: _____ Exp. Date: _____

Cardholder Name: _____ Signature: _____

Class Fees: \$ _____

Discount*: _____ %

Membership Dues*: \$ _____

Total \$ _____

*See Class Discounts and Membership Dues on page 2.

Total amount must be enclosed or registration form will not be processed. DO NOT SEND CASH. Please make checks payable to: YWCA Central Massachusetts, 1 Salem Square, Worcester, MA 01608.

fitness cont'd

Zumba.....\$52.50 / \$24.50 for seniors
An exciting, effective fitness system. Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms from all over Latin America that tone and sculpt the body.
Saturday, 12:00 - 1:00 p.m. FDC 06
Thursday, 6:30 - 7:30 FDC 07

specialty

Certifications

Professional certifications are offered in conjunction with national certification organizations. For more information on courses, including course times and fees, contact the Program Director at 508-767-2505, ext. 3021.

CPR.....\$40
American Heart Association certification course. Everyone should be trained and certified in this valuable life-saving skills. Certification is good for two years.
FDC 74

CPR Re-Certification.....\$35
Current or recently expired CPR certification may be renewed. Show class format includes review, practice and written and practical test.
FDC 75

First Aid & Defibrillation (AED).....\$35
First Aid and Defibrillation (AED) Training are offered for groups of 6 individuals or more.
FDC 76

Group Fitness Instructor.....must call for prices
Potential aerobic instructors learn and practice the skills needed to teach safe and effective group exercise classes. Workshops include physiology of exercise, as well as safety and class management. Successful completion of a final exam is required for certification.

Lifeguard Training.....\$225
Lifeguard Training, First Aid and CPR for the Professional Rescuer. Participants must pass a preliminary swim test, attend all classes and pass final written and practical exams for certification. Fees include all class and pool instruction, books, materials and certificates (upon successful completion of program). 10 week program.
Monday, 6:00 - 10:00 p.m. FDC 71

Lifeguard Re-Certification.....\$135
Recertification offered in conjunction with the full class at a reduced fee. Attendance required at select classes.
Monday, 6:00 - 10:00 p.m. FDC 72

Personal Fitness Trainer.....must call for prices
Potential and current personal trainers learn the basic academic and practical application of personal training. This 3-day workshop consists of lecture, demonstration and practical skills training. Successful completion of a final exam is required for certification.

Water Safety Instructor.....\$225
American Red Cross certification course for teaching Red Cross progressive swim lessons. Participants must be at least a level 5 swimmer, pass a preliminary swim test, attend all classes and pass practical and written exams for certification. Additional observation and practice teaching is required, outside of the regularly scheduled classes. Course runs May 16 - June 14.
Monday & Wednesday, 6:00 - 9:00 p.m. FDC 73

Martial Arts

Does not include price of uniform.

Youth/Teen Martial Arts Club.....\$50 per month
Ages 4 – 18 years. Improve self-confidence & self-discipline. Respect, courtesy, teamwork, the positives of competition and striving to do your best in the dojo, school and home are stressed.
Wednesday, 6:00 - 7:00 p.m. and
Saturday, 9:30 a.m. - 11:00 a.m. FDC 83

Teen/Adult Martial Arts Club.....\$60 per month
Ages 14 & up. This club embodies the three fundamentals of martial arts: mind, body & spirit. Techniques consist of kicking, striking, punching, joint locks and throwing. Through calisthenics, repetitions and stretching exercises, the body becomes strong and toned.
Wednesday, 7:00 - 8:30 p.m. and
Saturday, 11:00 a.m. -1:00 p.m. FDC 87

Pee Wee Karate.....\$49/ 7 weeks
Ages 4 - 7 years
Through traditional Japanese karate training, children will learn important values such as respect, humility, courtesy and discipline. Understanding and appreciation of cooperation and sportsmanship.
Saurday, 9:00 - 9:30 a.m. FDC 81

Junior Karate.....\$63/ 7 weeks
Ages 8 - 13 years
Students attain self-confidence through physical accomplishments while increasing flexibility, fitness, coordination, strength, focus and stamina.
Saturday, 9:30 - 10:30 a.m. FDC 80

Support Groups

Encore^{Plus} After Breast Cancer (ABC) Program Free to Women Diagnosed with Breast Cancer
Weekly facilitated peer support group sessions offer women an opportunity to share thoughts, feelings, information and resources. This FREE program is open to any woman diagnosed with breast or reproductive cancer. Meetings are every Tuesday at noon and the 1st Thursday of each month at 5:15 pm. Call Amy Martire at 508 767-2505, ext. 3017 for more information or to register.

aquatics

Youth Swim Lessons

7-week Session

Children not toilet trained must wear a swim diaper with tight-fitting legs and waistband.

Swim & Fun Program

Infant, Toddler & Pre-school Swim & Fun.....\$91
2 or more siblings.....\$140
Ages 6 months - 6 years

This will combine swim lessons, water safety, games, free swim and a taste of water sports in 90 minutes of fun-filled activities. Registration is required for full participation in the program. Parents, siblings, and friends of registered participants may join in free swim and games on a drop-in basis upon payment of drop-in fees. Children under 3 years of age must be accompanied by an adult into the water.
Thursday, 9:30 - 11:00 a.m. FDC 16

Family Swim & Fun.....\$140
All ages
This will combine swim lessons, water safety, games, free swim and a taste of water sports in 90 minutes of fun-filled activities. Parents with children of all ages and swim levels. Pay one class fee for the entire family to participate.
Sunday, 9:30 - 11:00 a.m. FDC 17

Parent & Child Level A.....\$72
Ages 6 months - 3 years
This class is designed for children who have either no water experience or one previous session of water adjustment lessons.
Sunday, 9:00 - 9:30 a.m. FDC 15
Saturday, 9:00 - 9:30 a.m. FDC 14

Parent & Child Level B.....\$72
Ages 18 months - 5 years
Parents participate with children to learn water adjustment and safety skills. This class is designed for children is who have had two or more previous sessions of water adjustment lessons, or children ages 3 - 5 years old who have little or no previous experience with water adjustment, are reluctant to enter the water or submerge, or may benefit from parental presence and support in the water.
Sunday, 9:00 - 9:30 a.m. FDC 15
Saturday, 11:00 - 11:30 a.m. FDC 19

Preschool Swim.....\$72
Ages 3 - 5 years
Red Cross Level 1, 2 & 3 swim lessons taught, focusing on the developmental skills of pre-school aged children.
Tuesdays, 3:30 - 4:00 p.m. FDC 21
Thursday, 3:30 - 4:00 p.m. FDC 22
Saturday, 9:00 - 9:30 a.m. FDC 55
Saturday, 9:30 - 10:00 a.m. FDC 23
Saturday, 10:30 - 11:00 a.m. FDC 24
Sunday, 10:00 - 10:30 a.m. FDC 25

American Red Cross Swim Lesson Youth & Adults Progressive Swim Lessons-Levels 1-6

Level 1 Introduction to Water Skills
The focus of this level is to help students feel comfortable in the water and enjoy the water safely. Elementary aquatic skills are taught. Skills include water entry and exit, breathing and submerging, floating, treading, arm movements and kicking on front and back and changing direction and position. Classes are taught with instructor support as needed.

Level 2 Fundamental Aquatic Skills
Skills introduced include gliding and floating independently, breath control, picking up submerged objects, treading and swimming a combined arm and leg stroke for at least 15 feet on front and back. Prerequisite: Completion of Level 1 or the student must be comfortable entering and exiting the water, submerging independently, and floating on the front and back.

Level 3 Stroke Development
Skills introduced include front crawl with rotary breathing, elementary backstroke, dolphin kick, scissors kick, treading, survival floating and beginning diving. Prerequisite: Completion of Level 2 or the student must be able to float on their front and back independently for 5 seconds and swim unassisted for 5 body lengths.

Level 4 Stroke Improvement
Skills introduced include diving, underwater swimming, turns, front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke. Prerequisite: Completion of Level 3 or the student must be able to enter water headfirst and jump into deep water, swim 15 yards front crawl with rhythmic breathing, tread or float for 30 seconds and swim 15 yards elementary backstroke.

Level 5 Stroke Refinement
Students will work to improve and perfect all swim strokes while also building strength and endurance. Additional diving, surface dives and flip turns are taught. Prerequisite: Completion of Level 4 or the student must be able to jump into deep water and swim continuously 25 yards each of front crawl and elementary backstroke and swim 15 yards each of breaststroke and back crawl

Level 6 Swimming and Skill Proficiency
Students will refine their swim strokes and turns to a high level of fluency and endurance to swim 500 yards continuously. In addition, skills modules such as Personal Water Safety, Fundamentals of Diving or Fitness Swimmer will be introduced. Prerequisite: Completion of Level 5 or the student must be able to perform a shallow dive, swim 50 yards continuously of front crawl and elementary backstroke, and 25 yards each of breaststroke and back crawl.

want more information on certifications

call 508-767-2505, ext. 3021

want more information on swim lessons

call the Lead Aquatics Instructor at 508-767-2505, ext. 5512

aquatics cont'd

Beginner Swim	\$72
Age 6 years & up	
Red Cross Level 1, 2 & 3 swim lessons, see descriptions in box.	
Tuesday, 4:00 - 4:30 p.m.	FDC 26
Thursday, 4:00 - 4:30 p.m.	FDC 27
Saturday, 10:00 - 10:30 a.m.	FDC 28
Saturday, 10:30 - 11:00 a.m.	FDC 29
Saturday, 11:00 - 11:30 a.m.	FDC 30
Sunday, 9:00 - 9:30 a.m.	FDC 31
Sunday, 10:30 - 11:00a.m.	FDC 56

Intermediate Swim	\$72
Age 6 years & up	
Red Cross Level 4, 5 &6 swim lessons, see descriptions in box.	
Tuesday, 4:30 - 5:00 p.m.	FDC 32
Thursday, 4:30 - 5:00 p.m.	FDC 33
Saturday, 9:00 - 9:30 a.m.	FDC 34
Saturday, 10:30 - 11:00 a.m.	FDC 35
Sunday, 9:30 - 10:00 a.m.	FDC 36

Advanced Swim	\$72
Age 6 years & up	
Red Cross Level 6 swim lessons, see description in box.	
Additional water safety topics are explored.	
Saturday, 11:00 - 11:30 a.m.	FDC 38

Barracuda Club	\$88
For Advanced Swimmers, level 6 & above. Do you want to improve your strokes, speed, endurance and diving? Join the Barracuda Club and achieve new swim goals.	
Saturdays 9:30 – 10:30 a.m.	FDC 37

Private Swim Lessons.....must call for prices
Sometimes one-on-one instruction works best for children who are learning to swim. Lessons are scheduled individually with every effort made to accommodate your schedule.

Custom Swim Lessons.....must call for prices
Design your own swim class. Groups of 4 - 6 participants schedule a session of eight lessons at convenient times.

Swimming is for Everyone	\$63
Ages 5 - 14 years old	
A recreational swimming pool experience for children and teens with special needs. Trained instructors and volunteers will work one-on one with participants. The whole family is encouraged to join!	
Sunday, 3:00 - 4:00 p.m.	FDC 20

Synchronized Swimming

Beginning Synchro	\$70
Ages 5 - 14 years	
This class is designed as an introduction to synchronized swimming, focusing on the skills needed for recreational or team participation.	
Sunday, 10:00 - 11:00 a.m.	FDC 40
Wednesday, 3:30 - 4:30 p.m.	FDC 41

want more information on swim lessons

call the Lead Aquatics Instructor at 508-767-2505, ext. 5512

Masters' Synchro	\$77
Age 15 years & up	
Adults and teens are invited to join this class to learn the basics of synchronized swimming. Basic swim skills and comfort in deep water are needed.	

Synchro-Maids.....must call for prices
A competitive synchronized swim team experience with increased commitment based on age, interest and skill level.

Synchro Private Lessons.....must call for prices
One-on-one instruction for synchronized swimmers to learn new skills or practice figures and routines.

Adult Swim Lessons

Aquatic Personal Training.....must call for prices
Whether you are just beginning a water exercise program or want to revamp your current routine, an aquatic personal trainer can help you achieve new levels of physical fitness and well-being. Training sessions are scheduled individually, or in a five-hour packages.

Basic Swim	\$72
Red Cross Progressive Level 1. Designed for non-swimmers, this course focuses on basic water skills including water adjustment, floating and basic safety precautions.	
Wednesday, 7:30 - 8:00 p.m.	FDC 60

Beginner Swim	\$72
Red Cross Progressive Level 2 & up. This class is for swimmers who have mastered floating, prone glide, beginning crawl stroke, back float and basic backstroke.	
Wednesday, 8:00 - 8:30 p.m.	FDC 61

Private Swim Lessons.....must call for prices
Sometimes one-on-one instruction works best for adults learning to swim. Lessons are scheduled individually with every effort made to accommodate your schedule.

Stroke & Endurance	\$77
Ages 13 years & up	
Red Cross Level 3 & up. A course designed to improve your swim strokes and endurance level.	
Tuesday, 7:15 - 8:00 p.m.	FDC 62

Adult Aquatic Classes

Ai Chi	\$49 / \$24.50 for seniors
A simple water exercise & relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs & torso in flowing continual patterns. Benefits increased muscle strength, balance and posture & joint flexibility.	
Tuesday, 2:00 - 3:00 p.m.	FDC 65
Wednesday, 2:30 - 3:30 p.m.	FDC 66
Thursday, 2:00 - 3:00 p.m.	FDC 67
Thursday, 7:15 - 8:15 p.m.	FDC 68

want more information on synchronized swimming

call the Program Director at 508-767-2505, ext. 3021

aquatics cont'd

Encore^{Plus} Water Exercise.....**Free to Women Diagnosed with Breast Cancer**
This weekly aquatic exercise classes are specifically designed to support women surviving breast cancer by increasing upper body strength and range of motion. This class supports women of all ages and fitness levels. Women facing surgical treatment can start three weeks after surgery. Physician's approval required. Call Amy Martire at 508 767-2505, ext. 3017 for more information or to register. Tuesday, 11:00 - 11:30 a.m.

Joint Effort	\$35 / \$24.50 for seniors
A warm water activity specifically designed for those with arthritis. Instructors, trained by the National Arthritis Foundation, help you improve and maintain joint flexibility. YWCA facilities are handicapped accessible.	
Thursday, 3:00 - 3:30 p.m.	FDC 63

Nereids.....\$40*
Join the Nereids—open to adult women. Includes water exercise, free swim and routines set to music. Monthly luncheons at the YWCA and other special events add to the fun. Join this wonderful group and make exercise a fun part of your day. Monday & Wednesday, 9:30 - 10:30 a.m. FDC 64
*Prorated Fee March - June

fitness

Youth Fitness Classes

Girls on the Go	\$10
Girls ages 10 - 14 years	
Interested in improving your physical activity and fitness levels while developing healthy nutritional habits? Join Girls on the Go! 10 weeks of special group activities designed to expose girls to fitness classes, gym games, yoga, swimming and other fitness activities. Begins April 2010	
Wednesday, 6:30 - 8:00 p.m.	FDC 46

Youth Strength Training.....\$56
Introduces youth and teens, age 10-15, to the benefits and challenges of strength training. Participants learn the basics of resistance training on Cybex equipment. Instruction is held in a safe, fun atmosphere in the Strength Room. Tuesday & Thursday 6:30-7:30 p.m. FDC 47

Adult Fitness Classes

Anusara Inspired Yoga.....\$52.50 / \$24.50 for seniors*
Considered to be the cutting edge style of yoga! It introduces the asana poses and masterfully integrates therapeutic alignment techniques with celebratory philosophy producing a safe, effective and fun yoga practice. Classes contain a combination of postures that work to enhance strength and flexibility of each student. All levels can enjoy this class. Thursday, 5:45 - 6:45 p.m. FDC 92

want more information on aquatic classes

call the Lead Aquatics Instructor at 508-767-2505, ext. 3039

Capoeira (Ca*po*ei*ra)	\$70
Afro-Brazilian art form that ritualizes movement from dance & music, martial arts & games. Be a part of this group and most sought-after art form! It promotes fun and an amazing way to get in shape and meet new people!	
Wednesday, 6:30 - 7:30 p.m.	FDC 04
Friday, 6:30 - 7:30 p.m.	FDC 05

Fit 4 Life Aerobics.....\$24.50 for seniors
This Low impact aerobic class is a good way to improve your fitness level and avoid strenuous exercise. Low-impact aerobics are especially good for beginners, people who are older, overweight, or pregnant. It is also a good choice for fit people who are recovering from an injury. Tuesday & Thursday, 9:00 - 10:00 a.m. FDC 08

Kinetic Empowerment.....\$90
Think Biggest Loser...If you've misplaced your abs or want a challenging workout...get yourself in this program! Train beyond your perceived physical and mental limits! K.E will add lean muscle mass to your body, burn fat, give you cardiovascular endurance, strengthen bones and joints and improve muscle balance and function. Our trainers will use kettle bells, ropes, conditioning drills and timed segments. With determination and commitment results are guaranteed. All fitness levels welcome. Classes meet twice per week for 4-week sessions. Monday & Friday 5:00 - 6:00 a.m. 3/1 - 3/26 FDC 01
Monday & Friday 5:00 - 6:00 a.m. 3/29 - 4/23 FDC 02
Monday & Friday 5:00 - 6:00 a.m. 4/26 - 5-21 FDC 01
Monday & Friday 5:00 - 6:00 a.m. 5/24 - 6/18 FDC 02

Pilates	\$52.50 / \$24.50 for seniors
Longer, leaner, stronger... mind & body alignment, work using isometrics and breathing techniques to heal and strengthen from the inside out!	
Saturday, 11:00 - 12:00 p.m.	FDC 98

Power Yoga.....\$52.50 / \$24.50 for seniors
Think you're too tough for Yoga or you won't get a real workout? Well be prepared to sweat... conquer boundaries! Designed to build strength and sustain focus. Our instructor Chris will challenge you with variety every class. Venture into yourself and get ready to see your body change. Not for beginners. Monday, 12:15 - 1:00 p.m. FDC 93
Wednesday, 12:15 - 1:00 p.m. FDC 94
Friday, 12:15 - 1:00 p.m. FDC 95

Stretch-Flex Yoga.....\$52.50 / \$24.50 for seniors
A must try class! Rejuvenate your body's grace, strength, and balance with the pleasure of this gentle style of the classical Hatha yoga. Connect with yourself and with the world around you! Use classic yoga postures (asanas), breathing exercises (pranayama), deep relaxation and meditation. A dynamic and moving class perfect for all levels with benefits that are infinite, ranging from pain relief to peace of mind. Saturday, 8:30 - 9:30 a.m. FDC 91

want more information on fitness classes

call the Lead Fitness Instructor at 508-767-2505, ext. 3023