

New to the October Aerobics Calendar Beginning
Friday, October 21st:

Yoga for the Early Riser!

End your work week with a Friday morning Yoga workout and begin your weekend feeling relaxed and refreshed!

Friday mornings 5-6am

This class is designed for the yoga practitioner, and will build strength, flexibility, and balance. Emphasis will be on freestyle hatha yoga, working with breath and asana to balance both sides of the body. Each class will end with deep relaxation in order to get the full effect of a yoga practice and to take a focused, yet relaxed feeling into your day.

Modifications will be made for the beginner student.

**CLASS IS FREE WITH A MEMBERSHIP
\$4.28 FOR NON MEMBERS.**

Other great classes that we are currently offering at the Williamsburg
Community Recreation Center:

Spinning, Zumba, Boot Camp, Pilates, Step and More!

Check out days and times classes are offered on the city website at
www.williamsburgiowa.org.

Williamsburg Community Recreation Center
939 South Highland St.
Williamsburg, Iowa 52361
319-668-1636