

Introducing Aerial Yoga

Schedule:

MONDAY

4:00pm Aerial Yoga

TUESDAY

11:30am Aerial Yoga

WEDNESDAY

12:30pm Aerial Yoga

THURSDAY

11:30am Aerial Yoga

4:30pm Intro to Aerial Yoga — **FREE**

FRIDAY

12:30pm Aerial Yoga

SATURDAY

4:00pm Intro to Aerial Yoga — **FREE**

- > Please arrive at least 5 minutes before class
- > Shirts with sleeves required
- > No jewelry allowed
- > Recommended to not eat at least one hour before class

Cost:

1 class \$20

3 classes \$54

6 classes \$99

24-hour cancellation required

Sign up:

To register please use the Village App.

Aerial Yoga

Aerial yoga is a combination of traditional yoga poses done on the floor, and postures practiced using a soft aerial hammock suspended at waist height. Come and enjoy the benefits of this fun, non-impact class, as you learn how to invert, fly, and flow. We will use the hammock to keep alignment, build strength in the body, and improve flexibility. Appropriate for first-time Aerial students as well as those who want to continue to learn or refine their Aerial practice.

For more information please contact Mandy Campbell at mcampbell@dmbclubs.com.

