

FSCC YOGA

BEGINNER YOGA WORKSHOP!

4 to 5:30 PM

SUNDAY, JANUARY 27



Have you been telling yourself that you should add yoga to your health and fitness routine? Whether you've never done yoga before or you simply want to gain confidence and learn more about yoga, the Beginner Yoga Workshop is for you! Learn the fundamentals of alignment, breathing, and relaxation for the safe practice of yoga. Workshops are held monthly and are taught by experienced and certified yoga instructors, Jen Zimmerman-Bronder and Carol Daly.

What: BEGINNER YOGA WORKSHOP

Where: FIRST STREET COMMUNITY CENTER, 2nd Floor

Fee: \$15

TO REGISTER:

⇒ Contact Kelly May at 319-895-8060 or elliottsuptownfitness@gmail.com