

# FITNESS YOGA

**WEDNESDAYS**

**5:45–7pm**

*This fitness approach to yoga combines traditional yoga postures with core strengthening Pilates exercises to enhance your mind and body by promoting muscle tone, strength, flexibility, posture improvement, body awareness along with stress reduction and relaxation. This class is suitable for all fitness levels. Please bring a towel.*

## **Two 6-Week Spring Sessions**

**I April 4 – May 9**

**II May 16 – June 20**

**\$45 per session**

*Combine with Cardio Dance Fitness (Mon/Thurs)*

*2x per week \$75 (12 classes)*

*3x per week \$95 (18 classes)*

Instructor: Darla Bergen



*Please register at the Doyle Park Rec. Center  
8175 Regents Road, San Diego, 92122  
Call 552-1612 for more information.*