



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING HAPPY AND HEALTHY KIDS

Find Your Balance With Youth Yoga

Join Julie Missal for this fun filled six week yoga class designed specifically for youth!

Participants will learn basic yoga poses that promote coordination, strength, mobility, attention, concentration, and relaxation.

January 7th - February 13th at the Y

2nd - 4th Grade

Mondays: 3:30-4:00

Wednesdays: 2:30-3:00

5th - 8th Grade

Mondays: 4:00-4:30

Wednesdays: 3:00-3:30

Cost

\$20 for Members

\$35 for Non-Members

Participants should wear clothing that is comfortable and appropriate to participate and are welcomed to bring their own yoga mat if available.



Call us at 641-585-5220 or stop by the Y to register