

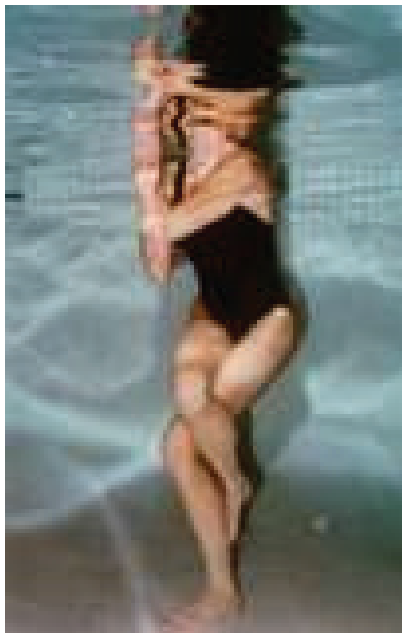


We build strong kids, strong families, strong communities.

Water Yoga

Designed for beginning to intermediate participants.
Stretch and relax while enhancing balance and strength.
No prior yoga experience necessary. Shallow water workout.

New Class..!!



Ages: Adult (16 and up)

When: September 9 - 30
October 5 - 28
November 2 - 30
December 2 - 30

Monday/Wednesday
12:30 - 1:10 pm

Where: North Pool

Member: Free

Community Member: \$38 per month



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Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541)440-YMCA

www.ymcaofdouglascounty.org