YOGA*GROOVE*FLOW
Session Details – 2019-2020

This dynamic, fun, energizing class is a great afternoon treat for the mind, body and soul! We will groove to great music in this vinyasa flow yoga class—beginning in a sequence of high-energy poses and then cooling down. A symphony of movement: combining yoga poses, stretching, and a cardio workout.

Session 1 - Registration opens August 1, 2019
Thursdays, 2:45-3:45pm (8-week session)
September 5-October 24
Fee: $280
Open to: Kindergarten
Maximum class size: 18 students

Session 2 – Registration opens October 11, 2019
Thursdays, 2:45-3:45pm (6-week session)
November 7-January 16, 2020 (no class November 14, 28, December 19, 26, and January 2)
Fee: $210
Open to: Kindergarten
Maximum class size: 18 students

Instructor: Brandy Curry
For more specific information about this class, please contact the instructor at curryb@campbellhall.org.