



# CLASS SCHEDULE

Classes will begin  
April 13<sup>th</sup>, 2021  
and will be held in  
the BCCC  
conference room  
or gym

## Hatha Yoga

M F

5:30 pm-6:30 pm

### Hatha Yoga

Geared more for beginners but great for all levels.

This class is a journey to more self-awareness and confidence.

Our breath-based flow will allow you the control to move into and out of poses as you feel comfortable to do so. While tuning into the movements you will also be building your strength, balance and endurance.

## Junior Yoga 1

(Elementary)

T

4:30 pm-5:00 pm

### Junior Yoga 1

This class is for elementary aged kiddos. We will use a combination of fun and flow to bring more awareness to self-control and healthy habits.

## Junior Yoga 2

(Middle & High School)

T

5:00 pm-5:30 pm

### Junior Yoga 2

This class is for middle and high school students. Being a pre-teen/teenager can be stressful in today's world full of expectations and technology. We will practice controlled meditation and flows that promote self-love and reduce common anxiety inducing behaviors as well as a basic understanding of yoga health benefits.



## COST

	Drop-In	10-Class Punch Card	30 Class Punch Card
BCCC Member	\$6.00	\$50.00	\$150.00
Non-Member	\$7.00	\$60.00	\$180.00
Includes			
1 Friend Pass		3 Friend Passes	
Monthly Workout Challenge		Monthly Workout Challenge	
		1 on 1 Goal Consultation	
		Monthly Goal Check-Ins	

