



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SOME FOLKS LIKE IT HOT!



HOT YOGA

The heat from a hot yoga class promotes a natural detoxification process by allowing sweat to flow, flushing away toxins. The Heat allows the body to be more supple. It will increase your joint lubrication as well as flexibility in your muscles. This Hot Flow Yoga is a one hour long Flowing Style Yoga class.

Class meets on the therapy pool deck.

**Classes will be Sundays at 12:15PM
Beginning January 7, 2018
Ending March 25, 2018**

Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040
937-303-9285 * www.unioncountymca.org



 **Memorial** SPORTS MEDICINE