



## Hot Yoga is back on the schedule!

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 class is a one hour long Flowing Style Yoga class.

**WHERE:** Hot Yoga is held on the Therapy Pool Deck.

**WHEN:** Classes are Sundays at 12:15pm.  
Beginning January 9 and ending March 27, 2022



Union County Family YMCA \* 1150 Charles Lane \* Marysville, Ohio 43040  
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