



SOME FOLKS LIKE IT HOT!

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: Sundays at 12:15pm
Beginning January 7, 2024 and ending March 31, 2024



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

