

September-December 2017
Yoga

YOGA

REGULAR CLASSES WILL NOT BE HELD ON HOLIDAYS.



MONDAY
8 AM All Levels Yoga

TUESDAY
No classes

WEDNESDAY
No classes

THURSDAY
No classes

FRIDAY
8 AM All Levels Yoga

SATURDAY
No classes

SUNDAY
No classes



MONDAY
No classes

TUESDAY
No classes

WEDNESDAY
6:30 PM Recovery (Yin Yan) Yoga

THURSDAY
No Classes

FRIDAY
No classes

SATURDAY
11 AM All Levels Yoga (75 min)

SUNDAY
No classes



MONDAY
No Classes

TUESDAY
9:00 AM All Levels Yoga

WEDNESDAY
9:00 AM All Levels Yoga

THURSDAY
9:00 AM All Levels Yoga

FRIDAY
No classes

SATURDAY
No classes

SUNDAY
No classes



MONDAY
5:45 PM All Levels Yoga

TUESDAY
No classes

WEDNESDAY
5:45 PM All Levels Yoga

THURSDAY
No classes

FRIDAY
No classes

SATURDAY
No classes

SUNDAY
No classes

All Levels Yoga: Built for beginners and those that want a simple concise practice. Learn the foundations of a healthy yoga practice and movements connected with breathing to build heat in the body. Leave feeling refreshed and renewed.

Recovery (Yin Yan) Yoga/Yin Yan Yoga: Deep stretching and complete relaxation. Yin is suitable for everyone. It lengthens ligaments, softens joints and relaxes the back, restoring your body for further yoga practice or the day-to-day movement of life.

GREATLIFE'S MISSION IS TO ENRICH THE LIVES OF FAMILIES AND INDIVIDUALS THROUGH GOLF, FITNESS & HEALTHY LIFESTYLES.

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