

Tuesday 7:15PM Wednesday 5:15AM Thursday 8:30AM



J. Cleo Thompson
Wellness Center

Strength YOGA

Class Category: Yoga/Hatha&Vinyasa

Class Type: Restorative/Balance/Breathing

Class Description: Strength yoga takes rest day yoga to another level. While still low impact, the class is in fluent motion the whole time. The movements however involve more body weight and muscular endurance. At first this class may be challenging but if you stick with it you WILL improve quickly and DRAMATICALLY increase your flexibility. Toning of the legs and arms is a natural benefit of practicing strength yoga and is recommended weekly.

Instructor: Stormi Oglesby

We BEND so we won't BREAK!