

**Huron Charter Township
Recreation Commission/YWCA**

Date: TUESDAY'S November 11-December 16

Yoga/ Pilate is a system of exercise that ring body , breath and mind together using breathing, stretching , posture and relaxation techniques. It focuses on strengthen on the core muscles that are essential that are essential to overall fitness while developing flexibility, strength, balance alignment focus and stress relief

**Time: 6:00-7:00 pm @
Huron High School**

**YOGA PILATE
CLASS**

Class taught by Jodie Cooper

Cost: \$48 Huron residents

\$53 non residents

**For more information
or to register please
call the YWCA
313-537-8500**

Contact person Nancy Anger

