



## AUGUST SCHEDULE

**Mondays:** Freedom Fitness, 290 North Grand Mesa Dr., Cedaredge  
5:15-6:30 pm: Mixed levels yoga. Let go of the stress of the day! Start your week with energy and focus! \$10 drop in fee

**Tuesdays:** Freedom Fitness, 290 North Grand Mesa Dr., Cedaredge  
9-10am: Chair Assisted Yoga for Men: Basic stretching done seated and with chair support. Learn tips for balance and have fun, too!  
This one's for you, guys!

10:30-11:45 am: Beginners' easy stretch, balance and relaxation. For those with arthritis, injuries or just plain out of shape! Learn balance skills and prevent injuries. Perfect for Seniors!  
\$10 drop in fee

**Wednesdays:** Yoga West, 1025 Main St., Grand Junction  
10:30 - 11:45 am Yoga for agility and balance.  
A mix of therapeutic stretching for hips, shoulders and low back plus yoga flow and movement routines for agility. \$15 drop in fee

Noon-1 pm: Chair Assisted Yoga for All: Basic stretching done seated and with chair support. Learn tips for balance and have fun, too!  
\$12 drop in fee

**Wednesdays:** Bill Heddles Recreation Center, Delta  
5:15- 6:30 pm Yoga for a healthy back, agility and balance. An all levels class for stress release, strength and relaxation. \$10 drop in fee

**Thursdays:** Freedom Fitness, 290 Grand Mesa Dr, Cedaredge  
10:30-11:45 am: Yoga for agility and balance.  
A mix of therapeutic stretching for hips, shoulders and low back plus yoga flow and movement routines for agility. \$10 drop in fee.