



WINTER 2018 SCHEDULE

Instructor: Dea Jacobson, E-RYT 500, C-IAYT

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! \$10 drop in fee.
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: Grand Junction, at Yoga West, 1025 Main St.

10:30 am-noon: Yoga for agility and balance.

A mix of therapeutic stretching for hips, shoulders and lower back plus movement routines for agility. \$15 per class

Noon- 1 pm: Chair Assisted Yoga: Basic stretching and toning done seated and standing with chair support. Learn tips for balance and have fun, too! \$12 per class. (Yoga West)

Wednesdays: New class! At the Grand Mesa Oncology Center, just north of the Delta County Memorial Hospital off Stafford Lane.

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