

# POWER YOGA



**STRENGTHEN**

**TONE**

**ENERGIZE**

POWER YOGA IS A MORE VIGOROUS FLOW PRACTICE THAT FOCUSES ON BREATH, MOVEMENT, AND STRENGTH THAT WILL BE CHALLENGING AND LEAVE YOU A LITTLE SWEATY. IT IS A GREAT CLASS FOR STUDENTS LOOKING FOR A MORE BODY-TONING AND UP-BEAT YOGA CLASS SET TO GREAT MUSIC, BRINGING YOUR PRACTICE TO A WHOLE NEW LEVEL!

**AGES:** 18+

**DAYS:** SATURDAYS 10/27-12/1 (NO CLASS 11/24)

**TIME:** 10:45AM-11:45AM

**FEE:** \$30 RESIDENT, \$35 NON-RESIDENT

**Gilpin County Parks & Recreation**

Community Center 250 Norton Dr. Black Hawk | 303-582-1453 | [gilpinrecreation.com](http://gilpinrecreation.com)