



Yoga Intermediate, Fall 2021

Instructor:	Alisa Harder
Description:	A four-week series of vinyasa based yoga. This class will focus on building strength through repetitive yoga movements. Expect to work up a sweat and have fun. Modifications can be provided to ensure classes are accessible to all ages and yoga levels. Basic experience with vinyasa yoga would be helpful.

Class Category:	Creative Wellness		
Age Range:	18+		
Location of Class:	Studio C		
Equipment Required	Yoga mat, water bottle, yoga block (if you have your own)		
Fees and Charges:	Class Fee:	\$50.00	SAC Membership Fee
Cancellations/Refunds:	<i>Full refunds are given only when you cancel two weeks prior to the start date of a class/workshop.</i>		<i>Membership fees are non-refundable Material fees are non-refundable</i>
Dates/Class Duration:	October 20 – November 10, 2021		Tuesday, 10:45 – 11:45 am