



## Yoga - Winter 2022

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.

Class Category:	Creative Wellness	
Age Range:	18+	
Location of Class:	Studio C	
Equipment Required	Yoga mat, water bottle, block (if you have your own)	
Fees and Charges:	Class Fee:	\$50.00
Membership Fees:	<i>Note: A membership is required to take any class at SAC.</i>	RM of Hanover & Steinbach: \$15 Individual   \$30 Family Non-Residents: \$20 Individual   \$35 Family
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:	January 17 – February 7, 2022	Monday, 9:30 –10:30 am