



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REALIGN STRETCH DEFY GRAVITY

Aerial Yoga  
YMCA ANTHONY BOWEN

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Come and try our wonderful Aerial Yoga classes that will literally have you upside down! Using the hammocks as an assist allows participants the benefits of yoga without the impact or strain from traditional mat practice. Aerial yoga is great on its own or as a compliment to other yoga practices!

## Benefits:

- Ease back pain
  - Lengthen and strengthen your whole body
  - Aids in digestion while realigning your whole body
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**WHEN:** Saturdays at 1:15pm and  
Sundays at 2:30 pm\*

**LOCATION:** GEX Studio

## COST:

- \$265/\$330 for 16 sessions
- \$140/\$180 for 8 sessions
- \$75/\$100 for 4 sessions
- \$20/\$27 for drop in

**Questions?** Contact Raven Joyner for more information at [Raven.Joyner@ymcadc.org](mailto:Raven.Joyner@ymcadc.org)!

\*More dates coming soon!

