

Yoga

**Fitness focused yoga classes led by
Yogafit~trained instructor**

Monday Nights

7:00 PM in the Messiah Narthex

Classes are \$10 each

**Sign-up to indicate interest in attending
Not a commitment to attend every week**

Let us know if another time or day of the week works better for you

Sign-up Sheet in the Narthex or Call Church Office



Yogafit~Style

One of the hottest fitness trends is also one of the oldest fitness practices – yoga

Yogafit~Style is a yoga program for all levels of participants which focuses on the body and mind.

Yogafit~Style combines elements of hatha yoga with traditional fitness exercises and stretching routines. It is non-competitive and appropriate for all ages and fitness levels.

Yogafit~Style classes focus on: Breathing, Feeling, Listening to the Body, Letting Go of Competition, Judgement and Expectation. Staying in the Present Moment.

After regular Yogafit~style workouts, you will experience increased strength and stamina, natural weight loss, a higher energy level, more vitality, better body awareness and better body tone