

Fluid Yoga

from Riverstone Yoga

Try our NEW Water Yoga
for Fitness & Fun!



This open level class is good for teens and adults - it's a fun, relaxing and safe way to build muscles, increase balance, find and strengthen your core. Props like "water noodles" help you explore yoga postures and the body's range of motion, all this

without the fear of falling. Aqua yoga leaves you feeling fit and strong. And, for those managing symptoms of arthritis, fibromyalgia and joint issues it can be very therapeutic. No experience needed.

LOCATION: Tarrytown Pool, West Main Street, Tarrytown, NY

DATES: Sat. July 8, 15, 22, 29 - 8:30am -9:30am • Wed. July 12, 19, 26, Aug 5, 9am-10am

COST: Members \$60, Non-members \$80

TO REGISTER: Call or email Pool Director Illeana @ 914-909-1183 or igonzalez@tarrytowngov.com



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