



YOGA CLASSES

Instructor: Lindsay Koch, Certified

- Increase flexibility
- Reduce Stress
- Burn bodyfat and elevate your metabolism
- Increase muscle tone
- Improves posture
- Improves circulation
- Raises energy level
- Increases balance, coordination focus and discipline
- Helps with back, neck, shoulder and knee pain

Classes held on Tuesday & Thursday Evenings

5:30-6:30 pm

\$60.00 Non-passholders

\$40.00 Passholders

\$8.00 per individual class

Centralia Recreation Complex

Felician Wellness Center

115 East Second Street

Centralia, IL 62801

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