



Yoga

Join the breathing techniques of Pilates and Yoga into your daily routine and see the stress of your everyday life, begin to dissipate. Both techniques are time-proven, established, and with the help of an experienced instructor, you will surely reach the goals you set up for yourself!

Forrest Physical Fitness Center
Bldg. 1843

Schedule:

Every Mon & Wed at 1000

Garcia Physical Fitness Center
Bldg. 1856

Schedule:

Mon & Wed at 1145



*What Yoga
can do for you...*

The physical benefits

Creates a toned, flexible, and strong body. Improves respiration, energy, and vitality. Helps to maintain a balanced metabolism.

Improvements in flexibility, posture and abdominal strength - and decreases in back, neck, and joint pain.

The mental benefits

Helps you relax and handle stressful situations more easily. Teaches you how to quiet the mind so you can focus your energy – at work, play, and at home.

For More Information, Please call
526.3944

www.mwrfortcarson.com