



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWEAT STRETCH MEDITATE

CardiYoga SCHUYLKILL YMCA

Cardiyoga is a combination of traditional yoga poses and low impact cardio moves to get you sweating, stretching and your heart rate escalated, followed by a 5-10 minute cool down meditation. Done to new, upbeat music, this fun twist is just what you're looking for in a workout!

- Register at the front desk or by phone
- FREE for memberships; \$5 for non-members

WHEN: Monday
TIME: 7:30 to 8:30 PM
LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850