

Gentle Yoga and Sports Exercise

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Combining free weights, yoga stretches; abs, legs, hips and butt exercises, you will shape up your game by strengthening core muscles used in golf and other athletic activities. Although some golf techniques are addressed, you need not be a golfer to benefit from this whole body conditioning class.

**INSTRUCTOR: SHELLEY CONNOLLY,
LPGA TEACHING PROFESSIONAL**

TUESDAY, THURSDAY: 1:30 – 2:45PM

MONDAY, THURSDAY: 6:45 – 8:00PM

PROGRAM STARTS THE WEEK OF MARCH 29TH

COST: \$8 DAILY DROP-IN OR \$75 / 10-PUNCH PASS

AGES: 16+ (ADULT AND SENIOR FRIENDLY)



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WWW.MENDOCOASTREC.ORG