

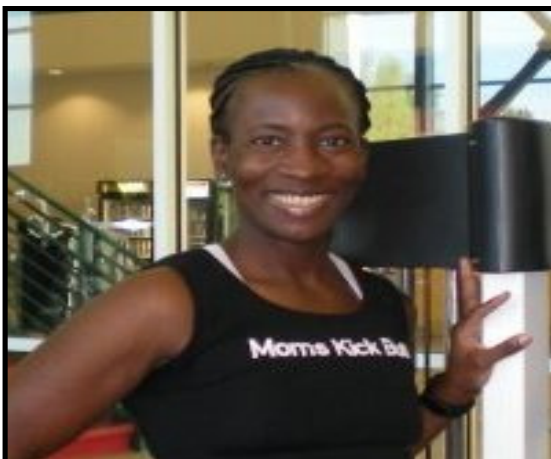
NEW CLASS!

SHALLOW WATER YOGA with Tasha Edwards

A soothing blend of basic yoga postures designed to gently challenge your posture, balance, and mind while allowing your muscles to be stretched and relaxed by the water. All levels are welcome!

FRIDAYS

11:30 AM – 12 NOON



Instructor Experience:

- MS in guidance and counseling
- AFAA Certified Personal Trainer
- Fit Tour Certified Group Fitness, Yoga and Pilates
- USFWA Certified Water Fitness Instructor
- NESTA Certified Holistic Stress Management Specialist