



Jay Community Center Yoga



Yoga unites the mind, body and spirit.

Yoga helps one to become more aware of your body's posture, alignment and patterns of movement.

Yoga makes the body more flexible and helps relieve stress allowing one to become more fit, feel better, and be more energetic.

When:

Thursday @ 4:15 pm

with Tonja McClain

Wednesday @ 10:00 am

with Tonja McClain

Where: Jay Community Center



See the Fitness Calendar for the times and days.

Cost: \$5 Per Class

Physiological Benefits:

- Posture improves
- Strength and resiliency increases
- Endurance increases
- Energy level increases
- Sleep improves
- Immunity increases
- Pain decreases
- Steadiness improves

Psychological Benefits:

- Concentration improves
- Memory improves
- Attention improves
- Mood improves
- Anxiety and Depression decreases