

*CRC Presents*

# 4TH FRIDAY

**(A Themed Group Exercise Event)**

***Happy New You Year!***

**Fat Burning Yoga**

**Taught By Annie Ridgell**

**Friday, January 23, 2015**

**From 5:30 p.m.—7:00 p.m.**

*In this 90 minute routine, you'll increase your heart rate and improve your circulation which aids in weight loss, cellulite reduction and burning fat. You will move through a series of asanas (poses) using an aerobic vinyasa flow (movements coordinated with the breath). Combining standing poses and core conditioning moves, you'll sculpt your entire body and experience increased flexibility, strength and energy along with a feeling of well-being.*

*Breathe, move, stretch, slow down, meditate and celebrate! Feel inspired. Metabolism is raised using the breath with movement. This yoga class, along with a meditation section and handout, will help you optimize your bodily systems, especially the heart and lungs, find serenity and help you attain your personal ideal.*



This class is recommended  
for intermediate to advanced level  
participants.

**Pricing:**

**Student \$2.00**

**Members \$5.00**

**Non-Members \$10.00**

**Purchase tickets at the CRC Front Desk**



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5:30-7:00 p.m.

**4th Friday**

**Located In  
Aerobics Room**  
*Fat Burning  
Yoga*



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