



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA FOR ATHLETES



Where Can You Improve? SOUTHEAST FAMILY YMCA

All Athletes Need Yoga (Golfers, basketball players, weight lifters, football players, runners, cyclists, swimmers etc!)

Yoga is important to add to your training!

This class is built around using yoga to improve your game or sport! Yoga benefits athletes with speed and mobility, range of motion, correct imbalances, improve flexibility, stamina, increase focus and concentration, improve sleep and recovery. Everyone will be in a comfortable setting without pressure to perform. This class will be fun and not too serious! It will be challenging but not impossible.

Cost Per Month:

- 1 Day per Week—\$40 Member, \$60 Non-Member

Starts:

- New sessions start each month!

Sessions:

- Thursday—5:30-6:30p—Instructor Karen Doehrman

Other Information:

- 8 person min for above cost.

Contact Sharon Allen for more details, 256-883-9622 or sharon.allen@ymcahuntsville.org

