Join our talented instructor Sue Ebbeson as she helps you to lead a more balanced and healthy life with these yoga classes.

GENTLE *FLOW* YOGA: This class blends strength with flexibility and is great for anyone who is fit and active and wants a yoga class that emphasizes holding the poses. Stretching out those tight muscles can reduce the risk of injuries so this class is perfect for active bodies of all kinds.

Day/Time: Tuesdays, 9:00-10:15am

Thursdays, 9:00-10:15am

Cost: $60/8 pass class

Where: Tuck Building

ALL LEVELS YOGA: This class is for people who work out regularly including: runners, bikers, walkers, golfers, gardeners or anybody with an active lifestyle. Participants will learn how to use yoga to prevent injuries, improve flexibility and better your self.

Day/Time: Mondays, 5:00 to 6:15pm & Wednesdays 9-10:15 am (starting Nov 4)

Cost: $60/8 pass class

Where: Tuck Building

Please note there will be **no class the third Monday of each month**.

Note: Bring your Yoga mat and a bottle of water!

Sign up in person at the class or drop by the Hampton Rec office, 2nd floor Town Hall to register.