



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Introducing a New Yoga Offering

Yoga & More a program for all
ages & skill levels.

Instructor Mohamed Dahroug will be
teaching our new Yoga & More class
starting Thursdays in February from
5:30–7:00 p.m. in the
Program Room.

This class will feature meditation with
a mix of Yoga, Pilates, and Tai Chi.

No charge for Members
Drop-in rate of \$10.00
for Non-Members



To register for this or other Yoga
classes, visit RochesterYMCA.org/
Corning