

Berger Health System Therapy and Sports Medicine Team

POWER YOGA SERIES

Berger Health System in collaboration with the Pickaway County YMCA is offering a new Power Yoga Series. A certified yoga instructor will lead each hour long class focused on improving strength, flexibility, balance, and cardiovascular endurance. The program is open to all students in high school or college and adults looking to enhance their overall fitness or sport ability.

Tuesdays & Thursdays from November 2nd - November 30th | 4 PM - 5 PM

**Excluding Thanksgiving Day*

Berger Health and Wellness Center

1280 N. Court Street, Circleville, OH. 43113

Yoga mats will be available or you may bring your own.

Pre-registration cost: \$25.00 | On-site registration: \$35.00 or \$5.00 per class

Berger Therapy & Sports Medicine **740.420.8243**



BERGER HEALTH SYSTEM

