



# ***BEAUTIFUL YOGA***

***RELAX AND RECHARGE WITH OUR NEW CLASSES!***

***Strengthen core muscles***

***Build balance***

***Free trial class!***

***Increase flexibility***

***Try yoga today!***

***Enhance posture***

***... all without breaking a sweat!***

***Tuesdays, Thursdays, & Saturdays at 9:30 am***

***Mondays, Wednesdays, Fridays at 4:05 pm & 5:05 pm***

***A great way to pass the time while your children are on the field!***

## ***- ABOUT THE INSTRUCTOR -***

Bob Cioppa is an AFAA certified personal trainer. Certified in both Powerhouse mat Pilates and Kripula Yoga, Bob has spent the last 20 years in gyms from Boston to the Caribbean gathering knowledge and perfecting his method.

***\$20 per class***

***24 hour cancellation policy for classes booked in advance.***

***Walk-ins welcome subject to availability.***

***Yoga mats are available for purchase in the SFH Sports Shop!***

***To register in advance call 203-523-5875 or sign up online at [www.sonofieldhouse.com](http://www.sonofieldhouse.com). Private classes are available upon request for beginner to advanced instruction!***