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FOR IMMEDIATE RELEASE

Date: January 4, 2008

Contact: Elston Jones
Dothan Department of Leisure Services
615-3700

Re: Yoga

YOGA REGISTRATION

Yoga is a unique form of exercise that combines stretching, breathing awareness and it builds strength. The physical health benefits have been proven and the Department of Leisure Services has classes available for interested people. Cathy Deloney instructs all the classes for Leisure Services at Westgate Recreation Center.

Beginner classes will start Tuesday, January 15th and Wednesday, January 16th.
Registration will be held at Westgate Recreation Center from 9:00 a.m. – 5:00 p.m. Monday – Friday, January 4th-15th.

**Beginning Yoga meets on Tuesdays 5:30-6:30 p.m. and Wednesdays 10:00-11:00 a.m.
Each class meets once a week for four weeks.**

Wear comfortable clothing or exercise attire and participate in a fun and beneficial program for a healthier you. There is a \$40 registration fee.

Call Westgate Recreation Center at 615-3760 or the Leisure Services Central Office at 615-3700 for more information.