



Water Falls Racquet and Tennis Club
60 Cascades Circle W, Clinton, MS 39056
601-624-6356

Beginner/Intermediate Yoga: A practice where all are welcome. Students of all levels practice together, with modifications offered to our beginner students.

Fat burning Pilates: Using pilates core methods, we incorporate weights and the balance ball along with stretching to achieve a full body workout. Challenging and fun!

Power Yoga: An active yoga class! We practice vinyasa style....vigorous from beginning to end!

Walking: A refreshing way to exercise outdoors. We use stair steps and benches to increase strength and receive cardio benefits without straining joints.

2014 Schedule

MONDAY

2:00 pm - 3:30 pm Yoga with Georgette

WEDNESDAY

10:00 am - 11:30 am Yoga with Georgette

THURSDAY

6:30 pm - 7:30 pm Yoga with Fran

SATURDAY

9:30 am-10:40 am Yoga with Georgette

- \$12-drop-in fee
- \$60-one month all classes
- \$40 - mens class only!
- \$660-for 1 year all classes
- \$30 - 3 class punchcard or \$100 - 10 class punchcard
 - Punchcard system: 1 card expires in 6 months
- You may attend any class when you can-that means any class-anytime within 6 months!
 - AND YOUR FIRST TRIAL CLASS IS FREE