

# Yoga For Athletes

At

BalletArts

This class is specifically for the student athlete. No matter which sport you play, you will certainly enjoy the advantages that yoga has to offer: stretching, strength, flexibility, and focus.

Saturday mornings: 8:00- 9:15 am starting 9/16

207 Kinderkamack Road, Emerson, NJ

(We are right down the road!)

Class runs in a series of 10 for \$100.00 with school ID

[BalletArtsNJ.com](http://BalletArtsNJ.com)

201-970-7690