



Yoga Classes

Our very own Miss Jenifer is now a certified yoga instructor! The class times available are for anyone who would like to participate; dancers, dance parents and non-members.

Schedule

Our Winter Session will run Thursday, January 15 through Thursday, March 19.

Class Times

Thursdays

6:30-7:15 pm | Relaxing & Deep Stretching

To Register

Contact Cindy
402-303-1300
ccummins@ywcaadamscounty.org

Pricing

YWCA Members

Unlimited Classes | \$75

Drop In | \$8/Class

Non-Members

Unlimited Classes | \$100

Drop In | \$10/Class

YWCA School of Dance

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