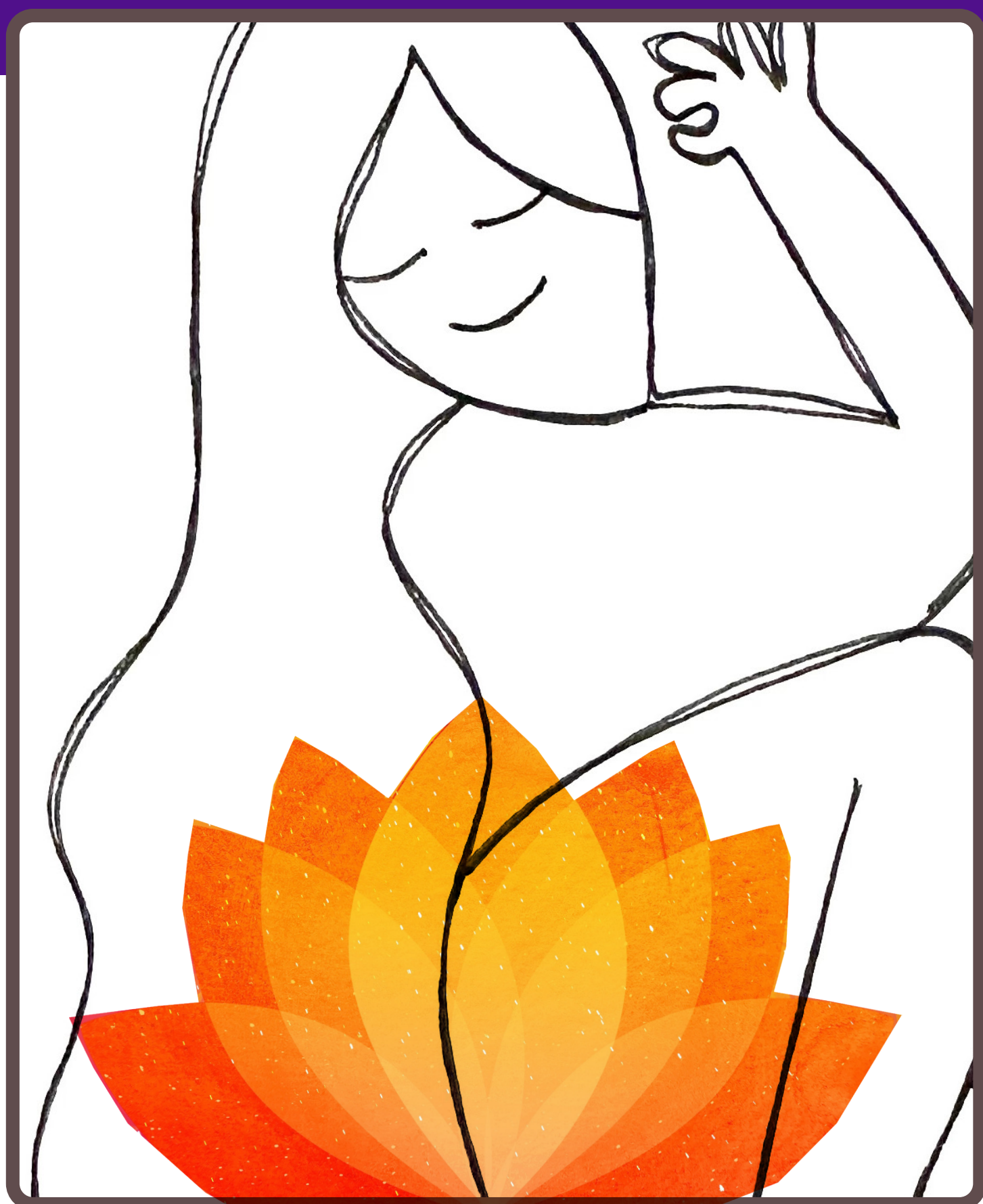


HOT FOR HATHA



Tuesday, July 28
3:30-5:15 p.m.

Support Site Fitness Center



Turn up the heat and find your flow with Hot for Hatha. It's a revitalizing yoga experience designed to build strength, improve flexibility and promote mindfulness through traditional Hatha yoga.

This class focuses on intentional movement, breath control and foundational poses to help you unwind, recharge and leave feeling refreshed.

Whether you are new to yoga or an experienced practitioner, this energizing session offers the perfect blend of challenge and relaxation in a welcoming atmosphere.

After class, stay for a relaxed social where our community can connect and enjoy drinks (available for purchase.) Come stretch, sip and unwind with us!

No registration required.

For more information, email NaplesMWR_Fitness@us.navy.mil
or call 081-811-6604 | DSN 629-6604.

