

# *Buckingham County Recreation*

*P.O. Box 252, Buckingham, Va 23921*

*(434) 969-4242*

## **Yoga Class**

Ages 12 to Adults

**Yoga Class:** Year Round

Night time class

Thursdays @ 5:30 – 7:15

Day time class (*new*)

Wednesday 12:30 – 2:15

**Instructor:** Hope Mell

**Cost:** \$30.00 for 4 consecutive classes

OR

\$45.00 for 6 consecutive classes

**Location:** Agricultural Building next to the Administration Building

**You will Need:** Yoga mat, Large Towel or Blanket

NO jeans please!

### **Hatha Yoga**

HATHA YOGA = HA = Effort THA = Release

In these classes we will learn to release and relax effort, while increasing flexibility and strength. This is a whole body work and enjoyable way to support and create total health.

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## **Line Dance Class**

**Instructor:** Linda Parker

**Start Date:** March 28, 2011

**Time:** 6:00 pm – 7:00 pm

**Location:** VFW Hall (Rt. 60)

**World-Infused Line Dancing:** Learn through a wide variety of music and choreography that include Latin, R&B, Soul, Pop, Rock, Country, Disco & even Ballroom.

**What your benefits are:** Cardio, Stamina, Balance, Memory, Weight-loss, Lowering Cholesterol, Muscle Tone, Stress Reduction, and more. One hour is equivalent to two back to back cross-word puzzles for brain stimulation (Alzheimer's/Dementia Prevention). Servicing ALL PARTS of your body & soul.

Program will be in 4-week sessions on Mondays, continuing on as long as we have participation. Cost is 15 & below people: \$35 or 16+ people \$30.

**First class is FREE (March 28<sup>th</sup>)**

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**Anyone interested in going or have any questions please contact  
Buckingham County Recreation Dept.,  
Todd Shumaker or Ashley Harris  
at (434)-969-4242**