



Yoga Classes

***Group Yoga classes every
Monday 8-9 pm***

Hickey Karate Center

4540 Stow Road

Stow, Ohio 44224

Call 330 686 4540 or just drop in. Class cost only \$5.

Yoga tightens and tones the entire body, enhances balance, improves flexibility and builds core strength by combining traditional fitness training, focused breathing and strength building through yoga poses. The result is a mind-body workout that improves health, athletic performance and mental acuity in people of all ages and fitness levels. No equipment necessary although a yoga mat is recommended.

Tailored classes available for special or private groups such as:

- Children: Boy Scouts, Girl Scouts, Brownies, YMCA Groups, CYO Groups, etc
- Workplace: Employees or Customers
- Social Clubs: Knitting, quilting, dancing, etc.
- Sports Groups: Athletic Teams – football, wrestling, soccer, swimming, etc.
- Senior Programs

Call 330 686-4540 for information.

Certified Instructor