



ADULT YOGA

Available to ALL TVLS Residents!

Thursdays
5pm-6pm
@TVMS

FREE!

The 21st Century Program is sponsoring an adult DDP Yoga class on Thursday evenings from 5:00-6:00pm in the middle school band room. There is no charge for this program. This is a great way to get in shape and enjoy some time with others. Bring a group and enjoy the music and fellowship!

Here is a little bit about DDP Yoga:

DDP YOGA is a revolutionary approach to fitness that combines the best of yoga positions, sports rehab therapy, old-school calisthenics, and dynamic resistance to give you a complete workout that requires NO RUNNING, NO JUMPING, and NO LIFTING.

ABOUT THE INSTRUCTOR

Jim York is a certified DDP Yoga Level 1 Instructor and is the first DDP Yoga Instructor in the Canton/Akron area. He has been teaching DDP Yoga since September 2015. He completed his RYT (Registered Yoga Teacher) in the summer of 2016. In October 2017, he became the 2nd DDPY Level 2 instructor in the world!

Jim is in his 19th year teaching 7th grade math at North Canton Middle school. He has a wife, Courtney, and a 1 year old daughter, Zetta.

	9/20	2/7
	9/27	2/14
	10/11	2/28
CLASS	10/18	3/7
WILL	10/25	3/14
MEET	11/8	3/21
	11/15	3/28
	12/6	4/4
	12/13	4/11
	1/17	
	1/31	

FOR MORE INFORMATION

PLEASE CALL 330-859-2427

Sponsored by the 21st Century Grant