

# RANDOLPH-ASHEBORO YMCA YOGA WALL CLASSES



The Yoga Wall is a system of belts that slide and lock into wall plates set at different heights (ankle, waist and above-head height). This facilitates lengthening your spine, opening up your joints, strengthening hard-to-build muscles, and improving inversions.

There are so many options when working with the Yoga Wall. It can be used to hang from, lean on or push against. Whether a beginner or long time practitioner, you can do things you can't usually do in a floor class, such as turn upside down and hang Batman-style!

Your overall flexibility and mobility in the joints and spine can improve. Use it as a work-out tool to aid competitive athletes in cross-training and preparation for competitions. For athletes, a Yoga Wall practice may be as good as a deep tissue massage, allowing for muscular and connective tissue release. And for office workers, working with the Wall will help release areas such as shoulders, spine and joints.

Look for classes offered in the Mind/Body Studio. It's a fun and challenging practice for yoga students of all levels.

Come hang with us!

**COST: FREE/MEMBER; DAILY GUEST FEE/PUBLIC**

**YOGA WALL CLASS SCHEDULE** →



**RANDOLPH-ASHEBORO YMCA**

343 NC Hwy 42 N — PO Box 1152 — Asheboro, NC 27203/4



# **YOGA WALL CLASS SCHEDULE BEGINNING IN FEBRUARY**

## **MONDAY**

8:15am-9:00am ½ Yoga for Balance & ½ Wall-Dana

## **TUESDAY**

5:30pm-5:55pm Yoga Wall Sampler-Dana

## **WEDNESDAY**

8:15am-9:00am Yoga Wall-Dana

## **FRIDAY**

5:30pm-6:15pm Yoga Wall - Dana

## **SATURDAY**

10:00am-11:00am ½ Yoga & ½ Wall