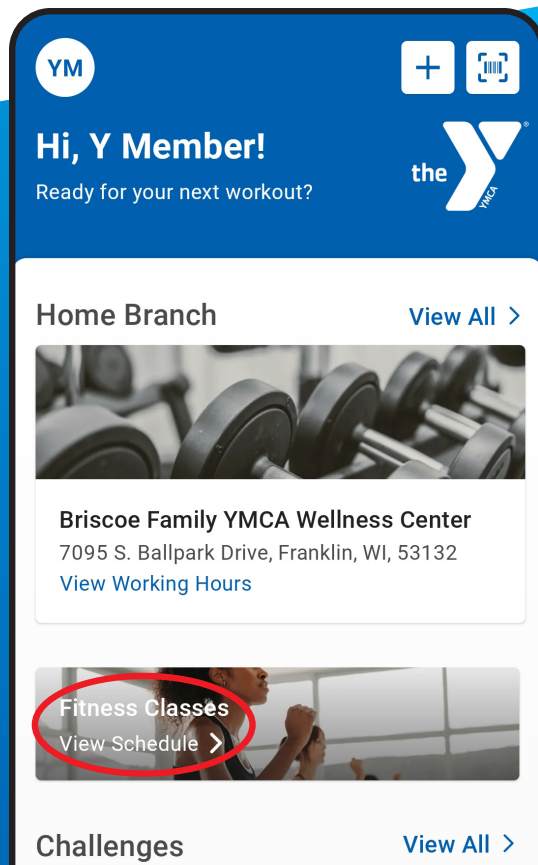
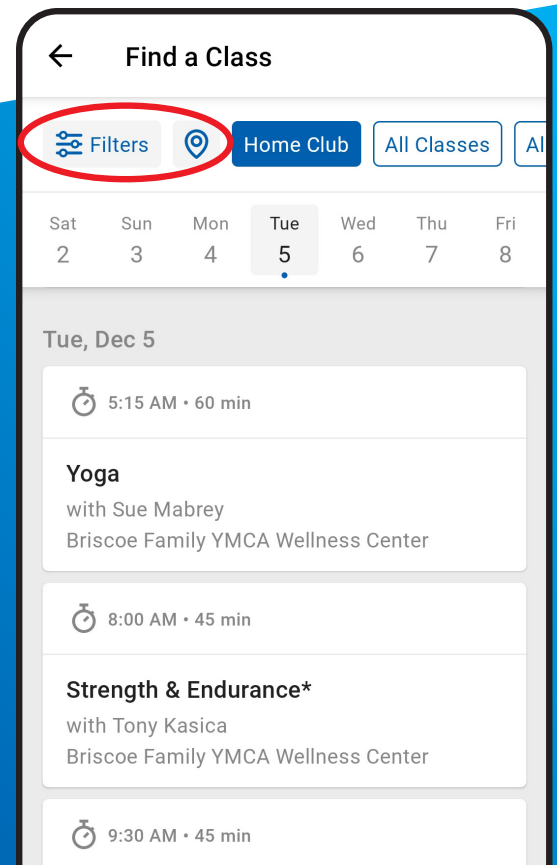


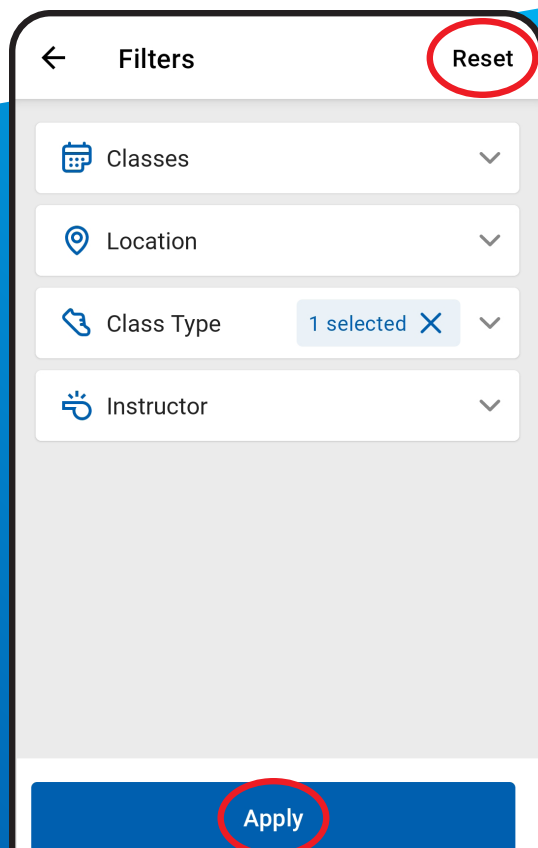
1. Tap the Fitness Classes tile.



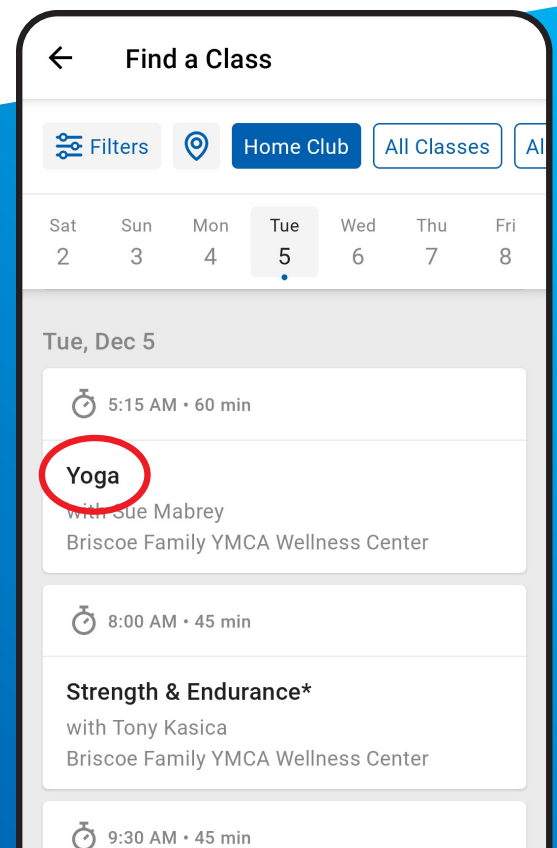
2. Scroll or change the filters to find a class.



3. Change the filters and click Apply or Reset.



4. Select a class.



5. Tap Book Class.

Yoga

Open for Booking 1 Spot Left

Schedule

Tue 5:15 AM - 6:15 AM CST
60min

Location
Briscoe Family YMCA Wellness Cer (Studio 2)

Instructor
Sue Mabrey

Description
All body types and skill levels are encouraged to participate. Safe and gentle, yet challenging postures encourage stronger muscles and bones, while simple relaxation techniques release tension from the mind and body. Please bring your own mat.

Book Class

6. Tap Got It.

Yoga

Booked 0 Spots Left

Schedule

Tue 5:15 AM - 6:15 AM CST
60min

Location
Briscoe Family YMCA Wellness Cer

Booking confirmed

You were successfully enrolled in this session!
Enjoy your workout!

Got it

Optional: Tap Add Reminder.

YM

Fitness Classes [View All >](#)

Upcoming **Booked**

Tue, Dec 05 at 5:15 AM Starts in 5 days

Yoga
60 min with Sue Mabrey
Briscoe Family YMCA Wellness Center

Add Reminder

Class Description
All body types and skill levels are encouraged to participate. Safe and gentle, yet challenging postures encourage stronger m...

Challenges [View All >](#)

Optional: Tap the icon to add it to your calendar.

Yoga

Booked 0 Spots Left

Schedule

Tue 5:15 AM - 6:15 AM CST
60min

Location
Briscoe Family YMCA Wellness Center (Studio 2)

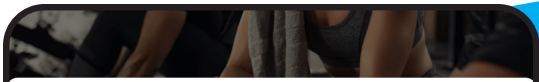
Instructor
Sue Mabrey

Description
All body types and skill levels are encouraged to participate. Safe and gentle, yet challenging postures encourage stronger muscles and bones, while simple relaxation techniques release tension from the mind and body. Please bring your own mat.

Cancel Booking

Optional: Tap the arrow icon to get directions.

RESERVE YOUR SPOT



Yoga


Booked

0 Spots Left

Schedule


Tue
5

5:15 AM - 6:15 AM CST
🕒 60min



Location

Briscoe Family YMCA Wellness Center
(Studio 2)



Instructor

Sue Mabrey

Description

All body types and skill levels are encouraged to participate. Safe and gentle, yet challenging postures encourage stronger muscles and bones, while simple relaxation techniques release tension from the mind and body. Please bring your own mat.

Cancel Booking