SUP YOGA
AT THE DARIEN Y

We're All In. the YMCA DARIEN

SUP YOGA is a new challenge that will reinvigorate you and push you to become an even better yogi than you thought possible—all while enjoying the natural splendor of floating on water. Take a course here at the Darien Y and see why this amazing class might be your new obsession.

IT'S FUN.
IT'S CALMING.
IT'S BEAUTIFUL.
IT'S EMPOWERING.
IT'S CHALLENGING.
IT TEACHES YOU TO GET BACK UP.
IT HELPS YOU FOCUS ON YOUR BREATH.
IT WILL REFINE YOUR YOGA TECHNIQUE.

Private SUP YOGA is available by appointment as well. Please reach out to Jvansciver@darien-ymca.org for details and questions.

SUP YOGA CLASS

Time: 1 hour and 15 min–paddle to/from location and Yoga class.
Age: 15 and up
Fee: Members/$35; Non-Members/$45

Sign up online or at the Front Desk to reserve a spot in one of our SUP YOGA classes.

Some SUP experience is necessary, as this is not a lesson. Please visit our website for the latest PaddleFit Intro classes for details.

DATE	TIME	COACH
Sunday, September 3rd	8:00-9:15am	Danielle
Tuesday, September 5th	9:00-10:15am	Talita
Wednesday, September 6th	12:00-1:15pm	Jill
Sunday, September 10th	8:00-9:15am	Danielle
Tuesday, September 12th	9:00-10:15am	Talita
Wednesday, September 13th	12:00-1:15pm	Jill
Friday, September 15th	12:00-1:15pm	Talita
Saturday, September 16th	12:00-4:00PM	MBS FEST!
Sunday, September 17th	8:00-9:15am	Danielle
Tuesday, September 19th	9:00-10:15am	Talita
Wednesday, September 20th	12:00-1:15pm	Jill
Friday, September 22nd	12:00-1:15pm	Talita
Saturday, September 23rd	1:30-2:30pm	Shannon
Sunday, September 24th	8:00-9:15am	Danielle
Tuesday, September 26th	9:00-10:15am	Talita
Wednesday, September 27th	12:00-1:15pm	Jill
Thursday, September 28th	2:00-3:15pm	Jill
Friday, September 29th	12:15-1:15pm	Talita

Your instructor for SUP YOGA will greet you in the Front Lobby. Please make sure to arrive 10-15 minutes prior to your class start time. This will allow for time to store any personal items, change into appropriate clothing and to sign our waiver.