

Village of Orland Park Fly Yoga

Village of Orland Park Only One to Offer “Fly Yoga” in the Area

Orland Park, IL – The Village of Orland Park Recreation Department continues to offer the newest form of yoga, Fly Yoga. Participants use a flowing fabric yoga hammock to stretch further and hold challenging poses longer.

“We are thrilled to continue this unique program,” said Fitness Manager Deborah Graham-Geghen. “The Village of Orland Park is one of the few locations in the Midwest, offering this newest addition to yoga that builds, strength, flexibility, and focus,” she added.

Named the best new yoga in Chicago by Chicago Magazine’s™ annual Best of Chicago edition, Fly Yoga is an exclusive style of suspension yoga. All of the maneuvers are achieved using hammocks suspended for a ceiling.

Newcomers and yoga enthusiast alike can enjoy Fly Yoga’s™ unique combination of traditional yoga techniques, gymnastics, dance and acrobatics. It is a one-of-a-kind workout that challenges people to improve their balance and strength.

The village’s Fly Yoga classes are held during the day and evening hours at the Sportsplex, Aerobics/Dance Studio starting April 1 through August 10. Private classes are also available upon request. The cost is \$90 for residents, \$135 for non-residents and \$85 for Sportsplex members.

Registration and further information are available by visiting the Village of Orland Park Sportsplex at 11351 West 159th Street or by calling 708/654-PLAY.

To view a video demonstrating Fly Yoga, visit The Village of Orland Park YouTube channel at <http://www.youtube.com/user/VillageofOrlandPark>.