

YOGA FOR WELLNESS

FREE TRY-IT YOGA CLASSES

We have **NEW** classes starting in January. Try them for **FREE!**

PRESCHOOL

Yoga - Parent and Tot (3-5yrs)

Fri, Jan 4 2:15pm - 3:15pm #2725699

YOUTH

Yoga - (12-18yrs)

Fri, Jan 4 4:45pm - 5:45pm #2725700

CHILDREN

Yoga (6-11yrs)

Fri, Jan 4 3:30pm - 4:30pm #2725698

Registration is required for the above free classes. Sign-up today!

WINTER YOGA PROGRAMS

55+

Yoga - Gentle

Mon, Jan 7 - Mar 11 1:00pm - 2:00pm #2719902

YOUTH

Yoga (12 - 18yrs)

Mon, Jan 7 - Mar 4 4:45pm - 5:45pm #2717976

ADULT

Yoga - Basics (16yrs +)

Tue, Jan 22 - Mar 12 7:30pm - 8:30pm #2724163

CHILDREN

Yoga (6 - 11yrs)

Mon, Jan 7 - Mar 11 3:30pm - 4:30pm #2718709

Yoga - Healthy Hips and Hammies (16+yrs)

Tue, Jan 22 - Mar 13 6:15pm - 7:15pm #2724161

PRESCHOOL

Yoga - Parent and Tot (3 - 5yrs)

Mon, Jan 7 - Mar 11 2:15pm - 3:15pm #2719041

Yoga - Rest and Restore (16yrs+)

Sun, Jan 20 - Mar 17 11:30am - 12:30pm #2724172

Yoga - Vinyasa - Level 1 (16yrs+)

Sun, Jan 20 - Mar 17 10:15am - 11:15am #2724169

Yoga - Vinyasa - Level 2 (16yrs +)

Wed, Jan 23 - Mar 13 6:15pm - 7:15pm #2724166

