

ADULT EXERCISE AND RECREATION

FALL, 2019

GENTLE YOGA/CHAIR YOGA

Siyanda Elizabeth

You will enjoy classic yoga stretches, using chairs for support, to improve balance, strength, and flexibility. Also included are breathing exercises to reduce stress and encourage relaxation. This class is for beginners, as well as for those with yoga experience. Wear comfortable clothes, and bring a yoga mat.

SEPTEMBER 9-NOVEMBER 25, 2019

NO CLASS OCTOBER 14, NOVEMBER 11

(10 WEEKS)

Mondays: 3:00 – 4:00 p.m.

Memorial Building Canteen

\$30

CITY SERVICES

Parks & Recreation Memorial Arena