



## **YOGA**

Robert Romanoski welcomes new and experienced students to join Yoga. Our Yoga class is suitable for all ages and fitness levels. No experience is needed. You will learn the basic poses and breathing techniques to help you reduce stress and relax. This class takes place Thursdays, 6:15-7:15 pm. in our Recreation Building. The next session is March 25 thru June 10. The cost is \$60 for this 12 class session, if class is already in session call to get pro-rated price from the Recreation Director.

To be registered payment must be received by  
March 24<sup>th</sup>.

Call 249-4409 to register