

Yoga



CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131180-40	CRC	16+	5/17-6/28	T	8:30-9:30am	7	\$35/\$38.50
131180-45	CRC	16+	5/20-6/24	F	8:30-9:30am	6	\$45/\$49.50
131180-60	CRC	16+	8/2-8/30	T	8:30-9:30am	5	\$25/\$27.50
131180-65	CRC	16+	8/5-8/26	F	8:30-9:30am	4	\$30/\$33

Relax and enjoy progressive stretching, balance poses, and movement. All can be modified for your specific level. One-on-one assistance will be available during class. ***It is recommended to bring a mat, a towel and water bottle.***

This class offers a \$12 drop in fee.

Instructor: Jordan

Classes are held at Crosby Recreation Center

1610 E. Crosby Rd.

972-466-9810



CARROLLTON
TEXAS