



NEW

YOGA



AGES	DAY	TIME	FEE	DATES
18 & Up	Thursdays	10:00 - 10:45am	\$100	1/16/25 -3/06/25 8 weeks

A dynamic yoga class for all levels. Flow through a series of movements that build strength, flexibility, and balance, while focusing on breath and mindfulness. Whether you're new to yoga or looking to deepen your practice, this class offers a balanced, calming experience to refresh your body and mind. Don't forget to bring your own mat!



**TO REGISTER VISIT:
LAPARKS.ORG/RECCENTER/BARRINGTON
OR SCAN QR CODE**

Classes & programs may be subjected to cancellation or change. Refunds will assess a 15% administrative fee. There are no refunds on missed dates. Persons with disabilities are encouraged to participate in our programs & classes. Reasonable accommodations will be made with prior arrangements.

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