

Clark County Parks & Recreation

YOGA

Thursdays 8:15 - 9:00 a.m.

Session 1: Jan. 8 – Feb. 12/ Age 18+ \$18
108350.01

Session 2: Feb. 26 – Apr. 9/ Age 18+ \$18
*no class April 2 (Spring Break Week)
208350.01

Yoga helps with flexibility, agility, health maintenance and longevity. Learn yoga positions and poses to help increase your core strength. Participants must bring their own mat and towel to participate.

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