

Yoga

Led by:
FiTour Certified
Lacey Stratton

8 DATES FOR \$25

(MAR 23,30 APR 6,13,20,27 & MAY 4,11)

DROP IN RATE \$5

VC Intermediate School Cafeteria
737 N Meridian Ave

Gentle class

6:15 p.m.

Slow-paced, modified format that focuses on flexibility, balance and range of motion. Props such as blocks and chairs will be used to aid stability and comfort.

15 max participants
1 - Hour class

Basic class

7:30 p.m.

Classic yoga poses practiced in a relaxed atmosphere, suitable for beginners or anyone seeking to improve flexibility, balance and strength. Classes involve a blend of standing and seated postures.

15 max participants
1 - Hour class

**FEEL FREE TO BRING YOUR OWN MAT
OR USE ONE OF OURS.**

Sign up at the VCRC Office

117 N. Park Ave

(316) 755-7345