

Find Your Zen with Accessible Rec!

Join us as we embrace an adaptive version of
yoga with a new instructor!

Improve your
strength, balance,
and flexibility!



Boost your focus,
self-esteem, and
cardio performance!

Who: Anyone age 12 and up with a disability

Where: Northview Center Ballroom
(301 E. Talmage Springfield, MO 65803)

When: Thursdays 10:30 - 11:15 a.m.

Session 1: April 4 - 25, 2019

Register by April 1, 2019

Fee: \$16 for 4 week session

No transportation will be provided for this program

For more information on this program and other
Accessible Recreation opportunities, visit
ParkBoard.org or call 837-5808

