

# Total Yoga



**Instructor:** Nikki Pascoe

**Ages:** 18 and up

**Equipment:** Yoga mat and blankets are required.

## **Sessions Dates**

### Tuesdays at 9 a.m.

Session 3: April 18-May 23

Session 4: June 13-July 25

Session 5: Aug. 8-Sept. 12

### Tuesdays at 6:15 p.m.

Session 3: April 18-May 23

Session 4: June 13-July 25

Session 5: Aug. 8-Sept. 12

### Thursdays

#### 9:30 a.m. & 6:15p.m.

Session 3: April 20-May 25

Session 4: June 15-July 27

Session 5: Aug. 10-Sept. 14

# Summer 2023

Improve your balance and coordination while gaining a sense of overall well-being through Yoga, Pilates and Meditation

### **Fee:**

\$35/Member

\$45/Non-Member

**Please register at front desk**

