

Total Yoga



Instructor: Nikki Pascoe
Ages: 18 and up

Equipment: Yoga mat, blocks and blankets are required.

Tuesdays at 9 a.m.

Session 1 : Jan. 5-Feb. 9
Session 2 : Feb. 23-Apr. 6
Session 3: Apr. 13-May. 18

Tuesdays at 6:15 p.m.

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Session 2 : Feb. 23-Apr. 6
Session 3: Apr. 13-May. 18

Thursdays at 6:15 p.m.

Session 1 : Jan. 7- Feb. 11
Session 2 : Feb. 25-Apr. 8
Session 3: Apr. 15-May. 20

(No class March 16 & 18)

2021

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

