

Monroe Township Exercise Class Registration

YOGA !!!!

Held from 6:30 to 7:30PM on Tuesday's starting February 7, 14, 21, 28, March 7, 21, 28 and April 4 (no class March 14th) at the Monroe Township Hall, 1220 Boiling Springs Rd, Mechanicsburg.

Instructor – Chelsea Parcels from West Shore YMCA

Yoga is a practice based on a harmonizing system of development of the body, mind and spirit. It blends balance, strength, flexibility and breathing techniques to improve health and performance. Connect with your body, mind and spirit; as well as build stamina, flexibility and concentration. No yoga experience is needed. Modifications will be given for the more difficult poses. Participants should bring their own yoga mat.

Registration

Contact Eric Long at 249-9677 or Monroe Township at 258-6642 or 697-4613. Please make checks payable to Monroe Township.

This class is \$40 for all 8 classes if you pre-register (can pre-register at the first session) or \$7 per session at the door.

Name _____

Address _____

City _____ State ____ ZIP _____

Email _____
(if you would like to receive reminders via email)

Paid by check # _____ Paid by cash \$ _____