

Hatha Yoga

With Rebecca Niamtu

Tuesday 9:30—10:45am
Thursday 10:45am—12:00pm



This class incorporates all styles of Hatha Yoga.

Each class is \$6.00 per participant. All participants must obtain a Recreation Center membership prior to taking the class.



All levels and bodies welcome!



Feel free to contact the Recreation Center with any questions at 458-2977 or visit www.pleasureislandyoga.blogspot.com