

# Hatha Yoga

With Rebecca Niamtu



Monday 6:45—7:45 pm  
Tuesday 8:00—9:00 am  
Tuesday 9:30—10:30 am  
Thursday 10:45—11:45 am

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!

Rebecca is also offering an **Intro to Yoga Series**. Classes will run every Monday **Sept. 13th-Oct. 18th from 5:30-6:30pm**. Cost for the series is \$50 per person. **Must register in advance!**



Feel free to contact the Recreation Center with any questions at 458-2977 or visit Rebecca at [www.pleasureislandyoga.blogspot.com](http://www.pleasureislandyoga.blogspot.com)