

Total Yoga



Instructor: Nikki Pascoe

Ages: 18 and up

Equipment: Yoga mat and blankets are required.

Sessions Dates

Tuesdays at 9 a.m.

Session 6: Sept. 20-Oct. 25

Session 7: Nov. 8-Dec. 13

Tuesdays at 6:15 p.m.

Session 6: Sept. 20-Oct. 25

Session 7: Nov. 8-Dec. 13

Thursdays at 6:15 p.m.

Session 6: Sept. 22-Oct. 27

Session 7: Nov. 10-Dec. 15

Fall 2022

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

