

Total Yoga



Winter 2023

Instructor: Nikki Pascoe

Ages: 18 and up

Equipment: Yoga mat and blankets are required.

Sessions Dates

Tuesdays at 9 a.m.

Session 1: Jan. 10-Feb. 16

Session 2: Feb. 28-April 11

Session 3: April 25-May 30

Tuesdays at 6:15 p.m.

Session 1: Jan. 10-Feb. 16

Session 2: Feb. 28-April 11

Session 3: April 25-May 30

Thursdays

9:30 a.m. & 6:15 p.m.

Session 1: Jan. 12-Feb. 18

Session 2: Mar. 2-April 13

Session 3: April 27-June 1

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

