


YOGA



ADULTS 16+ • **BRING A MAT** • **LIMITED LOANER MATS**

Enhance your flexibility, strength, and balance so you're always match-ready on the court! This beginner-friendly yoga class requires no previous experience—just bring a mat, a water bottle, and a willingness to learn.

YOGA— Restorative					
CLASS	DAY	TIME	SESSION I	RESIDENT \$	NON-RES \$
Restorative	MON	6:10p-7:10p	3/10-4/14	\$122	\$134
CLASS	DAY	TIME	SESSION II	RESIDENT \$	NON-RES \$
Restorative	MON	6:10p-7:10p	4/21-5/26	\$122	\$134

YOGA— Slow Flow					
CLASS	DAY	TIME	SESSION I	RESIDENT \$	NON-RES \$
Slow Flow	MON	7:20p-8:20p	3/10-4/14	\$122	\$134
CLASS	DAY	TIME	SESSION II	RESIDENT \$	NON-RES \$
Slow Flow	MON	7:20p-8:20p	4/21-5/26	\$122	\$134

Register on CourtReserve: <https://app.courtreserve.com/Online/Portal/Index/13206>