CITY OF BLOOMINGTON MINNESOTA Parks and Recreation

Registration for current participants begins Friday, December 10. Open registration begins Friday, December 17.

## Gentle Mat Yoga

Tuesdays • 6-weeks Learn a gentle form of yoga with modified movements and proper breathing techniques. Bring your own yoga mat.

## **NOTE: NEW TIME**

Session 1, 9:30 - 10:30 a.m. Session 2, 10:45 - 11:45 a.m. January 11 - February 15





## Chair Yoga Fridays • 6-weeks

A modified form of yoga, using exercise principles of traditional yoga to increase participants health and fitness by replacing a floor mat with a chair.

Session 1, 9:00 - 10:00 a.m. Session 2, 10:10 - 11:10 a.m. Session 3, 11:15 a.m.- 12:15 p.m. January 14 - February18

Session - \$42/Bloomington resident • \$54/non-resident Drop-in (when space allows) - \$11/Bloomington resident • \$13/non-resident Cancellation policy applies.

## For more information and/or registration:

Creekside Community Center • 9801 Penn Ave. S. • Bloomington, MN 55431 • 952-563-4944, MN Relay 711

The City of Bloomington does not discriminate against or deny the benefits of its services, programs, or activities to a qualified person because of a disability. To make a request for a reasonable accommodation, ask for more information, or to file a complaint, contact the Community Outreach and Engagement Division, City of Bloomington, 1800 West Old Shakopee Road, Bloomington, MN 55431-3027; 952-563-8733, MN Relay 711. 112021