

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 - February 18

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