



Gentle Mat Yoga

Tuesdays • 6-weeks

Learn a gentle form of yoga with modified movements and proper breathing techniques. Bring your own yoga mat.

Session 1, 9 - 10 a.m.

Session 2, 10:15 - 11:15 a.m.

JANUARY 24 - FEBRUARY 28

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 - 10 a.m.

Session 2, 10:15 - 11:15 a.m.

JANUARY 27 - MARCH 3

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. 012023