



Gentle Mat Yoga

Tuesdays

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 2 - February 6

Chair Yoga

Fridays

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.

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

January 5 - February 9

6-week Session

\$42/Bloomington resident

\$54/non-resident

Drop-in (when space allows):

\$11/Bloomington resident • \$13/non-resident

Cancellation policy applies.

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For more information and/or registration:

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

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