

Mayfield Village Parks & Recreation Department



# YOGA BLEND

With Jaclyn Zeigler



Enjoy 45 minutes of self-care and movement as you close out your day during this adult yoga blend class. We will combine yoga poses and core work, incorporating correct alignment and muscle toning exercises using our own body resistance along with breathwork and mindfulness. Class will end with deep stretches, relieving muscle tension. This class is wonderful for all levels looking to tone and lengthen their muscles while improving balance, strength and flexibility. Adults 18 years plus and mature teens welcome! Please bring a water bottle & yoga or exercise mat.

Instructor: Jaclyn Zeigler, Mom of 3, RYT 200 hr. & Certified in Children's Yoga.

**Held at the Mayfield Village Civic Center    7:00-7:45 P    \$50.00/session**

**Thursdays, February 23-March 23** (except 3/2)  
**April 6-27**

**Winter Session**  
**Spring 1**

Please register by 4:00 pm on the Wednesday before each session. If minimum enrollment is met then registration will stay open online until an hour before class.



## **To Register**

Online: [mayfieldvillage.activityreg.com](http://mayfieldvillage.activityreg.com)

Phone: 440.461.5163