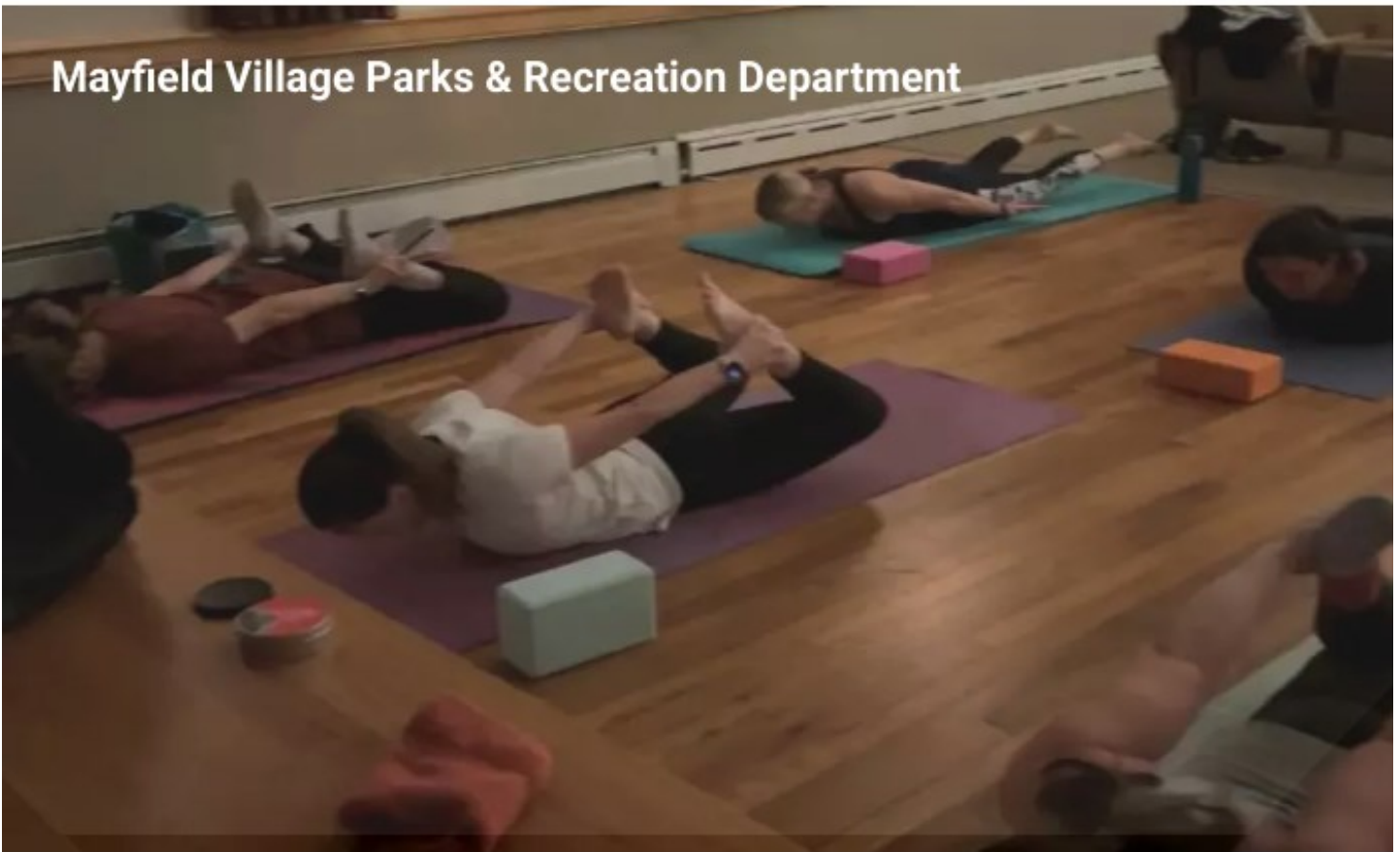


Mayfield Village Parks & Recreation Department



Yoga Blend

with Jaclyn Zeigler

\$80

Th., 7-8 pm

April 4-May 9

Now a 6 week class!

Adults 18 years and older and mature teens welcome! One hour of self-care and movement. Great for all levels! The class will combine yoga poses and core work, incorporating correct alignment and muscle toning exercises using body resistance along with breathwork and mindfulness. Class ends with deep stretches to relieve muscle tension. Bring a yoga or exercise mat and water.

held at the Civic Center

Reg. Deadline: April 2

registration will stay open longer if minimum enrollment met

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