

YOGA

Join with a friend!

THURSDAYS

1:00 - 2:00 P.M.

**STEEPLE CENTER, ROOM 200
14375 SOUTH ROBERT TRAIL
ROSEMOUNT, MN 55068**

\$25/SESSION (4 CLASSES)

SESSION 8: JAN. 5—FEB. 2 (NO CLASS 1/12)

SESSION 10: FEB. 16—MAR. 16 (NO CLASS 3/9)

SESSION 12: MAR. 23—APR. 20 (NO CLASS 4/13)

Join instructor Debbie Phraner for this 50+ Yoga class. Proper breathing and gentle postures will be taught to enhance physical strength and mobility. Chairs are available and can be used to adapt poses for your comfort. The class environment will help promote peaceful, joyful and healthy individuals. Participants are encouraged to bring their own mats.

Registration Deadlines:

Session 8: January 4
Session 10: February 15
Session 12: March 22

Register online or return a completed Registration Form to the Drop Box at the Steeple Center, via mail, or in person at the Rosemount Parks & Recreation Office:

Rosemount Community Center
13885 S. Robert Trail
Rosemount, MN 55068
651322-6000

Evening YOGA

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**WEDNESDAYS
6:30 - 7:30 P.M.**

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14375 SOUTH ROBERT TRAIL
ROSEMOUNT, MN 55068
\$25/SESSION (4 CLASSES)**

SESSION 7: JANUARY 4-25

SESSION 9: FEB. 1-MAR. 1 (NO CLASS 2/8)

SESSION 11: MARCH 15-APRIL 5

Join instructor Debbie Phraner for this 50+ Yoga class. Proper breathing and gentle postures will be taught to enhance physical strength and mobility. Chairs are available and can be used to adapt poses for your comfort. The class environment will help promote peaceful, joyful and healthy individuals. Participants are encouraged to bring their own mats.

Registration Deadlines:

Session 7: January 3
Session 9: January 31
Session 11: March 14

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