

YOGA

Join with a friend!

TUESDAYS

1:00 - 2:00 P.M.

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

\$26/SESSION (4 CLASSES)

SESSION 5: MAY 3-24

SESSION 6: JUNE 7-28

SESSION 7: JULY 5-26

SESSION 8: AUGUST 2-23

Join certified instructor Stacey Popp 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 5: April 26

Session 6: May 31

Session 7: June 28

Session 8: July 26

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:



PARKS AND RECREATION

Rosemount Community Center
13885 S. Robert Trail
Rosemount, MN 55068

651322-6000

YOGA

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THURSDAYS

1:00 - 2:00 P.M.

**STEEPLE CENTER, ROOM 200
14375 SOUTH ROBERT TRAIL
ROSEMOUNT, MN 55068
\$26/SESSION (4 CLASSES)**

SESSION 5: MAY 5-26

SESSION 6: JUNE 9-30

SESSION 7: JULY 7-28

SESSION 8: AUGUST 4-25

Join certified instructor Lori Kampa 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 5: April 28

Session 6: June 2

Session 7: June 30

Session 8: July 28

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:

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