

# YOGA

*Join with a friend!*

**TUESDAYS**

**1:00 - 2:00 P.M.**

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

**\$25/SESSION (4 CLASSES)**

**SESSION 9: SEPTEMBER 7-28**

**SESSION 10: OCTOBER 5-26**

**SESSION 11: NOVEMBER 2-23**

**SESSION 12: DECEMBER 7-28**

*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: August 31  
Session 6: September 28  
Session 7: October 26  
Session 8: November 30

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**

PARKS AND RECREATION

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

# 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 9: SEPTEMBER 9-30**

**SESSION 10: OCTOBER 7-28**

**SESSION 11: NOV 4-DEC 2 (SKIP 11/25)**

**SESSION 12: DECEMBER 9-30**

*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 9: September 2  
Session 10: September 30  
Session 11: October 28  
Session 12: December 2

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**

PARKS AND RECREATION

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