



Kids & Family

Yoga

Experience this great relaxation and mindfulness class with your son and/or daughter. Be looking for some of our poses as we incorporate these within our youth sports programs!

Open to ages 5 and older



Saturdays

**November 4-25
and January 6-27**

8:00 am - 9:00 am

Hoffman Hall Fitness Room

Family Fee: Resident \$20

Non-Resident \$30 (per session)

