

# Grafton Parks and Recreation



## Hatha Yoga

This class is for anyone from beginner, intermediate through advanced. This practice includes correct positioning in postures, strengthening your body and focusing on using your breath to calm your mind with each move and transition. This class is sure to challenge and tone the body week after week by building up endurance to hold positions longer and deepening stretches. Class will be held outside, weather permitting.

**Wednesday**

**July 15 - September 30, 2020**

**5:00 - 6:00 p.m.**

**Robert P. Zaun Pavilion, Lime Kiln Park, 2020 S. Green Bay Road**

**Resident \$46.00      Non Resident \$54.00**

**Register online at [www.QualityLifeGrafton.com](http://www.QualityLifeGrafton.com) or  
at the Grafton Parks and Recreation Department,  
675 N. Green Bay Road.**