

GRAFTON PARKS AND RECREATION

GENTLE FLOW YOGA

Saturdays

December 5, 2020 - March 6, 2021

9:00 - 10:00 a.m.

(No class December 26 and January 2)

Residents \$46.00 Non residents \$54.00

**Grafton Multipurpose Senior Center,
1665 7th Ave.**

This class is great for beginners! This class is designed to revitalize the body, relax the mind and reduce stress.

Accessible movements are created to maximize blood flow to the body with an emphasis in breath work.

Register online at graftonrecreation.village.grafton.wi.us or contact the Grafton Parks and Recreation Department at 262-375-5310.