

GRAFTON PARKS AND RECREATION

GENTLE FLOW YOGA

Saturdays

September 25 - December 18, 2021

9:00 - 10:00 a.m.

(No class November 27)

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.