

Balance

your life with YOGA

Benefits of Yoga include improved strength & flexibility as well as stress reduction and improved mental clarity.

Flow Yoga: Great for beginners because it is gentle and focuses on flexibility. Open to all age groups and fitness levels.

- Tuesdays 11:30 a.m. ~ 12:15 p.m.
- Thursdays 10 ~ 10:45 a.m.

NEW! Chair Yoga: Great for seniors and people with limited mobility.

- Tuesdays 12:30 ~ 1 p.m.

Classes cost \$5.00 drop in or \$25.00/8 visits. Try your first class free!

Reed Park

4233 S. Yukon Ave.
(918)591-4307

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