

Family Yoga

Offered by: **North Ridgeville Parks and Recreation**

Family yoga classes are a great way for parents (or caregiver) and children to share a healthy activity, bring a little peace into their busy schedules, and simply enjoy time together! Activities include age appropriate poses (lots of partner poses) breathing exercises, relaxation and cooperative games.

Instructor: Heather Gillespie

Ages: 3 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 resident / \$60 non-resident

\$10 Per additional family member

Location: Safetyville Building 35753 Bainbridge Rd

Day	Date	Time
TUES	01.08-02.19	6:15-7:15PM
No Class 1.15.19		

Family Yoga

Connect, Play & Laugh



Yoga Fun for the Whole Family!