

Yoga Club

Offered by: North Ridgeville Parks and Recreation

Yoga Club is a fun and engaging way for children of all ages to practice the art of yoga, a form of exercise that builds mind, body and spirit through stretching, breathing, movement, poses, strengthening activities and games. Yoga Club is for students seeking to stay active and strengthen themselves in a safe, noncompetitive environment. It is not necessary for members to be knowledgeable in yoga but to have an attitude and willingness to participate with an open heart and mind. Yoga Club is taught by a 200-hour certified Yoga instructor.

Instructor: Heather Gillespie

Ages: boys & girls in grades 6-8

Class Size: 04 minimum / 15 maximum

Fee: \$45 Resident / \$55 Non-Resident

Location: NR Academic Center 5 Yellow

Session	Day	Date	Time
Ses I	TUES	01.21-02.25	3:00-4:00PM
Ses II	TUES	03.08-02.29	3:00-4:00PM
No Class 03.17.20 & 03.24.20			

YOGA club

