



CRETE PARK DISTRICT

SHAPE YOUR BODY

Join us from the comfort of your own home as we practice yoga poses to bring ourselves to a sense of relaxation, releasing tensions from the body and mind. A great way to end your day.

Class Dates are:

Session 2: February 20 - March 26

Session 3: April 2 - May 7

Cost of the program per session is: \$66

Tai Chi: Classes are in person and meet on Wednesday afternoons at 4 pm at the Willard Wood Park Center

Session 2: February 14 - March 20

Session 3: March 27 - May 1

Cost of the program per session is \$70