

Yoga-Christmas Classes



WHO

All ages & abilities are encouraged to attend (chairs offered for seated yoga)

LOCATION

Ft. Benjamin
Recreation Center
100 McQueen Ave.
Newport

SCHEDULE

Mondays
9:00-10:00am
Tuesdays
5:30-6:30pm
Saturdays
9:00-10:00am

ALL MONTH LONG

PRICE

\$5 per class or \$20
for a 5 classes

In honor of the holidays join us for Yoga with seasonal music, themed poses and Christmas decorations! Show us your best Christmas *tree pose* or curl up into a snow *ball* all while basking in the warm glow of Christmas lights!



Give the GIFT of Yoga!

Gift certificates now available for Yoga at Fort Benjamin Recreation Center: \$5 per class or \$20 for 5 classes. Give your loved ones a gift that truly gives back!