

Power Yoga

With Renee O'Hagan

Join us for our Power Yoga with Renee!
We'll work with asana (*posture*) and prana (*breath*) while discovering a deeper sense of awareness, strength, and flexibility.
All levels are welcome to attend!



Every Saturday
9:00 until 10:00 am

Cost is only \$4.00 per class!



Class fee is required for all Recreation Center members. Non-Members are required to pay the daily guest fee plus the rate of the class.
Contact unstoppablewithrenee@gmail.com with any questions.