

# 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](mailto:unstoppablewithrenee@gmail.com)  
with any questions.**