

Registered Program SUMMER 2024

ADULT REGISTERED PROGRAM

GENTLE YOGA \$76

Wednesdays at 10:00am @ St. Luke's Anglican Church

(216 Station Street, Smithville - please park at the back parking lot.)

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

Starting Wed. July 3 to August 21 - 8 week session



Registration opens June 19, 2024 11:00am

Older adults 55+ receive a 10% discount

Register ONLINE! (3% processing fee applies)

<https://www.westlincoln.ca/en/recreation-and-leisure/fitness-programs.aspx>

Register IN PERSON! (Mon-Fri 9:00am-4:00pm)

West Lincoln Community Centre with CASH, CHEQUE, DEBIT or CREDIT
177 West Street, Smithville, ON



**Recreation
Services**

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