



GET FIT FOR SPRING!

JOIN A YOGA CLASS!



The Plainfield Recreation Department is offering Yoga classes throughout the spring months to help keep you healthy and fit! The new session begins Monday April 17th and will run for 12 weeks. Pre-registration is required by Thursday April 13th. Must have minimum class size by this date to run! Certified instructors are Karla Desjardins (RYT 200) and Suzy Graf.

PLAINFIELD RECREATION DEPARTMENT YOGA SCHEDULE
NEW SESSION STARTS MONDAY APRIL 17TH

MONDAY	YOGA w KARLA INTRO to YOGA w KARLA	6:00 – 7:00 PM 7:05 – 8:05 PM
TUESDAY	YOGA w SUZY	9:30 – 10:30 AM
THURSDAY	YOGA w SUZY YOGA TONE w KARLA YOGA w KARLA	9:30 – 10:30 AM 6:00 – 7:00 PM 7:05 – 8:05 PM
FRIDAY	YOGA w KARLA	6:00 – 7:00 PM

COST:



- \$60 FOR 1 CLASS PER WEEK FOR 12 WEEKS.
- \$80 FOR 2 CLASSES PER WEEK FOR 12 WEEKS.
- \$100 FOR 3 CLASSES PER WEEK FOR 12 WEEKS.
- \$110 FOR 4 CLASSES PER WEEK FOR 12 WEEKS.
- \$120 FOR 5 CLASSES PER WEEK FOR 12 WEEKS.
- \$130 FOR 6 CLASSES PER WEEK FOR 12 WEEKS.



PRE-REGISTRATION IS REQUIRED BY THURSDAY APRIL 13th!
SPACE IS LIMITED SO REGISTER NOW!!!

Please register in person at the Recreation Office (482 Norwich Rd) Monday - Friday 8:30 – 4:30.
You can also mail your registration to: Plainfield Rec Office 482 Norwich Road Plainfield, CT 06374.

Registration after April 13th allowed only if space permits.

Walk-ins are \$10 per class.

If you have questions, please contact Karla at ksquared2199@hotmail.com or 860-608-4175.

Like the Facebook page: Yoga with Karla Desjardins to stay up to date!