



**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 16<sup>th</sup> and will run for 12 weeks. Pre-registration is required by Thursday April 12<sup>th</sup>. Must have minimum class size by this date to run! Certified instructors are Karla Desjardins (RYT 200) and Suzy Graf.

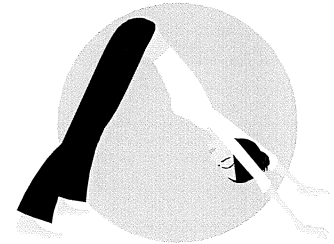
**PLAINFIELD RECREATION DEPARTMENT YOGA SCHEDULE**

**NEW SESSION STARTS MONDAY APRIL 16<sup>TH</sup>**

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 12<sup>th</sup>!**  
**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 12<sup>th</sup> allowed only if space permits.  
Walk-ins are \$10 per class.

If you have questions, please contact Karla at [ksquared2199@hotmail.com](mailto:ksquared2199@hotmail.com) or 860-608-4175.  
Like the Facebook page: Yoga with Karla Desjardins to stay up to date!