



STAY FIT FOR SUMMER!

JOIN A YOGA CLASS!



The Plainfield Recreation Department is offering Yoga classes throughout the Summer to help keep you healthy and fit! The new session begins Monday July 23rd and will run for 5 weeks. Pre-registration is required by Friday July 20th. Certified instructors are Karla Desjardins (RYT 200) and Suzy Graf.

PLAINFIELD RECREATION DEPARTMENT YOGA SCHEDULE **NEW SESSION STARTS MONDAY JULY 23rd!**

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:



\$25 FOR 1 CLASS PER WEEK FOR 5 WEEKS.
 \$35 FOR 2 CLASSES PER WEEK FOR 5 WEEKS.
 \$45 FOR 3 CLASSES PER WEEK FOR 5 WEEKS.
 \$50 FOR 4 CLASSES PER WEEK FOR 5 WEEKS.
 \$55 FOR 5 CLASSES PER WEEK FOR 5 WEEKS.
 \$60 FOR 6 CLASSES PER WEEK FOR 5 WEEKS.



PRE-REGISTRATION IS REQUIRED BY FRIDAY JULY 20th! **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 July 20th 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!