



FALL INTO FITNESS!

JOIN A YOGA CLASS!



The Plainfield Recreation Department is offering Yoga classes throughout the Fall months to help keep you healthy and fit! The new session begins Monday September 11th and will run for 12 weeks. Pre-registration is required by Friday September 9th. Certified instructors are Karla Desjardins (RYT 200) and Suzy Graf.

PLAINFIELD RECREATION DEPARTMENT YOGA SCHEDULE

NEW SESSION STARTS MONDAY SEPTEMBER 11TH

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

SPACE IS LIMITED SO REGISTER NOW!!!

Please register at the Recreation Office (482 Norwich Road) Monday through Friday 8:30am – 4:30pm.

Registration after September 8th will be allowed based on space availability.

Walk-ins are also welcome at \$10 per class when space permits.

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

For updates, like my Facebook Page: Yoga with Karla Desjardins