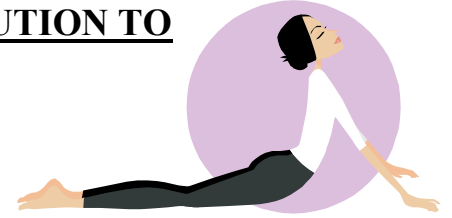




**MAKE A NEW YEAR'S RESOLUTION TO
GET FIT!**

JOIN A YOGA CLASS!



The Plainfield Recreation Department is offering Yoga classes throughout the Winter months to help keep you healthy and fit! The new session begins Monday January 7th and will run for 12 weeks. Pre-registration is required by Friday January 4th. Certified instructors are Karla Desjardins (RYT 200) and Suzy Graf.

PLAINFIELD RECREATION DEPARTMENT YOGA SCHEDULE
NEW SESSION STARTS MONDAY JANUARY 7TH!

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

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 JANUARY 4TH!
SPACE IS LIMITED SO REGISTER NOW!!!

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