



THERAPEUTIC RECREATION YOGA



TR YOGA (AGES 5-ADULT)

Come and experience a form of yoga that works to improve balance, focus, coordination, and strength. Learn poses to reduce fatigue, stiffness, and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome.

Westridge, Fitness Studio | Mondays - 5:15-5:45 p.m. | Price: \$88/\$101

1/08/24 - 1/29/24

2/05/24 - 2/26/24

3/04/24 - 3/25/24

4/08/24 - 4/29/24

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