

# MORNING YOGA

TUESDAYS & THURSDAYS  
8:45 AM - 9:45 AM

*In this gentle mind/body workout, you will strengthen and tone your body, improve your balance and flexibility, and calm your mind. Traditional yoga poses combined with soothing music will give your day a whole new focus.*



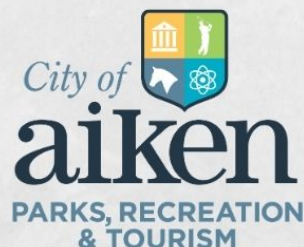
**AGES 16 AND UP**

ODELL WEEKS

\$41 OR \$66 FOR  
10 CLASSES

803-642-7631

#aikenparksandrec



The City of Aiken Parks, Recreation & Tourism invites people of all ability levels to enjoy programs, parks, and facilities.