

# Evening Yoga

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.

**Mondays & Wednesdays**  
**5:30 PM - 6:30 PM**

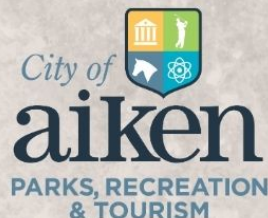
**Odell Weeks**  
**Ages 16 and up**



**\$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.