



STRETCH AND BOND

Dates: Thursday's: May 8 & May 22, June 12 & 26, July 10 & 24, and August 14 & 28

Time: 11:00a.m. - 12:00p.m.

Registration Opens: First of the month for the following month

Max students: 15

For ages: Families 10 and up

Instructor Fee: FREE

Instructor: Trisha Thomas

A yoga class for families is a fun and playful way to help develop strength, flexibility, balance, and a sense of calm. Benefits: helps develop strength, flexibility, and balance. Help manage stress and anxiety, sharpen focus and concentration. Work as a team and interact socially.