

Winter/Spring 2018

Apple Valley Parks & Rec Gentle Yoga



Apple Valley Conference Center

14975 Dale Evans Parkway
Apple Valley, CA 92307

Ages
16 & up

Wednesday
4:30-5:15 pm

Fees

January:	\$34.50
February:	\$21.50
March:	\$28
April:	\$21.50
May:	\$34.50

For more info:
AVrecreation.org
760-240-7880



**Town of Apple Valley
Parks & Recreation Dept.**
14955 Dale Evans Parkway
Apple Valley, CA 92307
(760) 240-7880

Be at ease. Using a chair in a seated flow of breath as a stretch to lengthen, strengthen, and firm the body. A portion of the class will be standing to increase circulation, balance and strength.