

FAYETTE COUNTY PARKS & RECREATION

YOGA

YOGA IS A LIFESTYLE INCORPORATING NATURAL EXERCISE IN WHICH YOU MOVE YOUR BODY INTO VARIOUS POSITIONS TO BECOME MORE FIT AND FLEXIBLE. PROPER BREATHING IN YOGA STRENGTHENS THE RESPIRATORY SYSTEM AND PROMOTES RELAXATION OF THE MIND WHICH CAN DRAMATICALLY INCREASE THE JOYS OF LIFE. WEAR COMFORTABLE CLOTHES.

DAY: MONDAY SESSION
DATE: OCTOBER 26 - DECEMBER 14
TIME: 5:45 P.M. - 7:00 P.M.
COURSE CODE: 20477

DAY: TUESDAY SESSION
DATE: OCTOBER 27 - DECEMBER 15
TIME: 8:30 A.M. - 9:30 A.M.
COURSE CODE: 20479

FEE: \$65 IF REGISTERED PRIOR TO OCT. 19
\$70 BEGINNING OCTOBER 26
NON-RESIDENTS WILL BE 50% MORE
AGE: 16 & OLDER
LOCATION: ACTIVITIES HOUSE

CLASSES WILL BE BOTH IN PERSON
AS WELL AS VIRTUAL!



Contact:
Fayette County
Parks and Recreation Department
770-716-4320
recreation@fayettecountyga.gov

