



Gentle Yoga

Designed for participants who are active but are looking for a gentler moderate level yoga routine.

SESSION 1

Monday, Mar. 18 - May 13
6:30 p.m. - 7:30 p.m.

Wednesday, Mar. 20 - May 8
9:30 a.m. - 10:30 a.m.

Wednesday Mar. 20 - May 8
6:30 p.m. - 7:30 p.m.

SESSION 2

Wednesday, May 15 - July 3
9:30 a.m. - 10:30 a.m.

Wednesday May 15 - July 3
6:30 p.m. - 7:30 p.m.

Located at
Wasaga Stars Arena
544 River Rd. W.

\$65.00
+ HST/session
Register online or in-person

