



Join us for



OUTDOOR YOGA at CLAY TOWNSHIP PARK!

Mondays, Starts June 4th, 6:30 pm

Learn stress-relieving techniques that will provide a deepened sense of well-being. Practice stretching to tone and strengthen the body. Use gentle, slow movements and focus on the body, mind, breathing and posture to improve circulation, flexibility and stamina. Enjoyable and beneficial for all fitness levels! Please bring a yoga “sticky” mat and water to class. Class taught by a Certified Team Fit, Inc. Instructor. Meet near the Concession Building. Instructor will have a Roster of all preregistered participants.

Cost: \$45 per 6 week session!

Participants must sign up at Clay Township Offices

Call Cindy Babisz at 810-794-9320 or email

cbabisz@claytownship.org for more information