Newton Parks and Recreation Department along with the Council on Aging will be offering:

Yoga for Seniors

55 & Older

Thursdays,
September 1,8,15,22 & 29, 2016
10:00 a.m. - 11:00 a.m.
Lower Level of
Newton Recreation Center
Cost is $3.00 Per Class

The class will introduce participants to basic postures and techniques used in Yoga to relax the body and calm the mind. The instructor will provide individual attention to physical limitations presented by each class member and will offer alternative movements to prevent any discomfort.

For further information, contact the Newton Recreation Department at (828) 695-4317 or visit www.newtonnc.gov