



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTERED BALANCED BREATHING

**SATURDAY MORNING YOGA
TAHOE PARK COMMUNITY CENTER**

Join the Y every Saturday morning for refreshing and energizing yoga classes. Now offering Prenatal and All Levels.

WHEN: SATURDAYS

**PRENATAL YOGA: 8AM-8:50AM
MARCH 5TH-APRIL 16TH**

**ALL LEVELS YOGA: 9AM-10:15AM
ON GOING**

WHERE: TAHOE PARK COMMUNITY CENTER

**REGISTRATION: FREE FOR YMCA MEMBERS
\$8 DROP IN PER CLASS FOR NON-MEMBERS**



**Tahoe Park Community Center
YMCA OF SUPERIOR CALIFORNIA**
5959 8th Ave, Sacramento, CA 95820
P 916.208.9650
ymcasuperiorcal.org