



FREE COMMUNITY CLASSES

YIN YOGA

Instructor: Tessa Coker

Yin Yoga, a passive practice, focuses on opening the hip joints and spine for increased range of motion and more effective movement.

Thursdays 5:00-6:00pm

*must bring own mat

June 17,24

July 1,15,22

August 5,12,19,26

September 2,9,16,23,30

October 7,14,21,28

November 4,11,18

STRETCH AND RELAX

Instructor: Tessa Coker

Joint mobility, flexibility, and guided relaxation

Thursday 8:00-9:00am

*must bring your own mat

June 17, 24

July 1, 8,1,22

August 5,12,19,26

September 2,9,16,23,30

October 7,14,21,28

November 4,11,18

STOTT PILATES® MATWORK

Instructor: Tessa Coker

Classic Pilates matwork with a contemporary twist. Mobilize, lengthen and strengthen the whole body with emphasis on core stability.

Tuesdays 8:00-9:00am

*must bring your own mat

June 15

July 6,13,20,27

August 3,10,17,24,31

September 7,14,21,28

October 5,12,19,26

November 2,9,16,23,30

*We may be offering additional classes and special workshops at a later date

The CSA#1 is offering these classes to the public.

*All classes are held at the Crowley Lake Community Center unless otherwise noted.

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For more information, contact at Isabel 760-935-4089 or
isbxoxo@gmail.com