

Classes start January 27, 2021

Yoga with Kathryn



Wednesday

5:30-6:45pm

Ashtanga yoga with a focus on strength, balance, and flow.

Due to COVID-19 all participants must pre-register at least 1 hour in advance of class. Registration for the week opens the preceding Thursday. Spots may only be reserved for the upcoming week.



Please bring your own mat & props to class. Props are available for sale at the office: \$15 ea. or \$35/ set (cash only)

All participants must have a reserved spot and sign in at the office first.

Lillooet & District REC Centre 930 Main Street 250-256-7527

