



SENIOR YOGA FLOW

NT SENIOR CENTER

110 GOUNDRY STREET

FRIDAYS: 10:30-11:30am

September 18-October 16

Total of 4 CLASSES – (no class 9/25)

\$20 NT Residents - \$27 Non-Residents

Join us for a relaxing series of mindful movements through, stretch, yoga & breath each Friday. We will focus on bringing together balance & breath, all while having fun. Bring a yoga mat & water. This session will take on Fridays at 10:30am starting Friday, September 18- Friday, October 9th.

Your Certified Instructor is Erin Robinson

Register on line at www.NTParksrec.com Or in person at

NT Rec. Office 500 Wheatfield St. 716-695-8520

