

Bath Charter Township Parks & Recreation Gentle Yoga 2020



Days: Mondays & Wednesdays

October 19, 21, 26, 28, November 4, 9, 11, 16, 18, 23, 25, 30, December 7, 14, 28, 2020

Time: 6:30-7:30 p.m.

Cost: \$30.00/Monday's (Oct. 19-23, 2020), or \$36.00/Wednesday's (Oct. 21-Nov. 25) or \$24.00/4-week session (Nov. 30-Dec. 28) or \$8.00/drop in

Location: Bath Community Center (5959 Park Lake Road)

Registration: Registration takes place at class

Age: 18 years and older

Join Yoga instructor Erin Meadows for Gentle Yoga. Erin has taught Yoga at various locations for the past 16 years. She holds an R.Y.T.200 Certification and enjoys teaching others. This class will focus on stretching the body, balance, deep breathing, promoting a clear mind, body relaxation, setting intentions, strengthening and listening to your body. Participants are encouraged to bring a Yoga mat and blanket to class. This program is for anyone age 18 and older. Registration takes place at class where registration forms are available. Checks can be made out to Bath Twp. or you can pay with cash. This program has a non-refundable fee however if the Township cancels a class, participants will be reimbursed for the class if they choose not to attend another date not listed on their registration form. Please note that when Bath Schools are cancelled, so is the class.

Registrants must wear a mask, social distance at 6' apart and complete a COVID-19 survey prior to entering the building.

Bath Charter Township Parks & Recreation – 517-641-6728

