

Want On-Site Yoga Classes?

*Have you ever thought about taking a Yoga class?
On-site classes will be offered at the Administration
Building from 5:30-6:30 pm,
every Wednesday from May 6 through July 8
in Room 0200.*

*This class is **free** to full-time and benefits-eligible
part-time County employees as one of your four
classes under the free class program!*

Yoga utilizes a combination of:

- *breathing to rejuvenate, repair, and create new cells;*
- *physical posturing, designed to strengthen the musculoskeletal structure, to increase bone density by doing weight-bearing exercises; lubricate joints;*
- *Alignment balances of the body's skeletal structure.*

*To enroll: Download a JCPRD registration form off of Wellness U and turn it
in to Cameron Ahrens in OFM to sign up today!*

Bring your own mat. Entry doors lock at 5:15 p.m.



JOHNSON COUNTY
PARK & RECREATION
DISTRICT

