



STRETCH & MEDITATION IN THE GARDEN

ELWOOD PARK & RECREATION

Thursdays – June 17 thru August 12

7:30 a.m – 8:30 a.m.

Class will take place at the **Children's Garden**

Age: 18 and older

With *Yoga Fit* Instructor *Mary Barney*

Cost: only \$40 for 9 sessions

(Walk-ins welcome for \$5 each)

Class size limit of 15

Please **Register** before June 8, (or any questions)

By calling Sheila @ 815-423-5046