



Worchester Township Parks and Recreation, in partnership with Kinetix Sports Club presents...

YOGA IN THE PARK

This yoga class will increase your flexibility and strengthen your mind and body with yoga poses designed to help you relax, breathe and enjoy a little time for yourself! For all fitness levels. Bring a mat and water bottle. Classes will be run by the talented staff of Kinetix Sports Club.

When: Tuesday Evenings:

- Session 1: May 7-June 25, 2019
- Session 2: July 2-August 20, 2019

Time: 7-8 PM (after Zumba in the Park)

Where: The Large Pavilion at Heebner Park
3119 Heebner Road, Worchester, PA 19490.

Cost: \$50 Resident/\$60 Non-Resident.

To register, fill out a Recreation Activity Form found at worcestertwp.com/departments/parks-and-recreation and return it to the Township Building (1721 Valley Forge Road, Worchester, PA 19490).

Questions? Contact Steven Heintz, Recreation Coordinator at sheintz@worcestertwp.com or (610) 584-1410

