

*Classes start October 20, 2021*

# Yoga with Kathryn

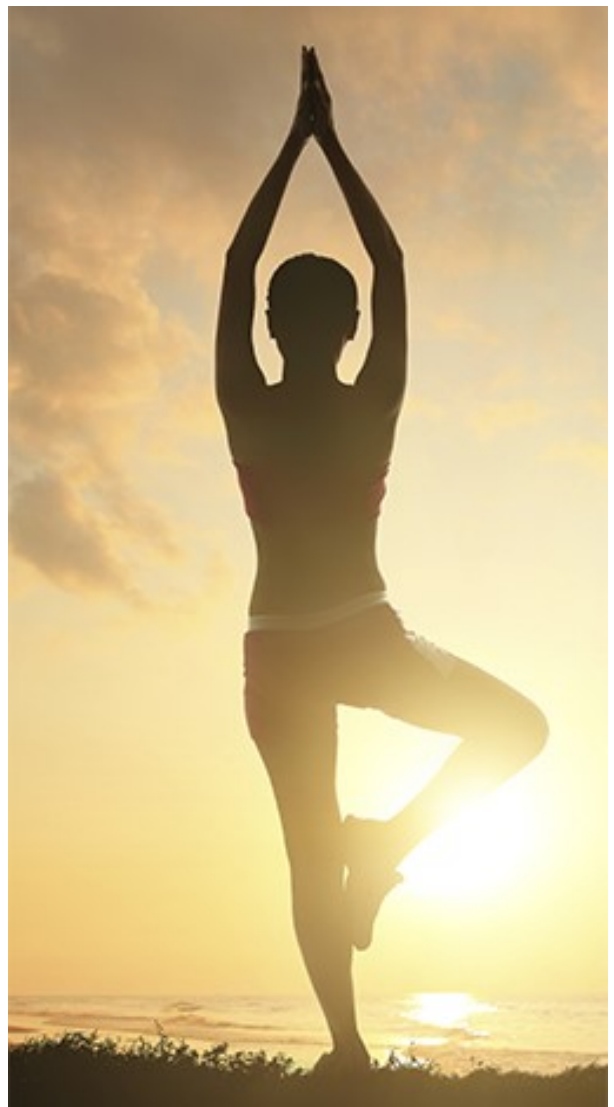
\$8/class

**Monday & Wednesday**

**5:30-6:45pm**

Ashtanga yoga with a focus on strength, balance, and flow.

**Due to COVID-19 all participants must pre-register at least 1 hour in advance of class.** Registration for the week opens the preceding Thursday. Spots may only be reserved for the upcoming week.



**Please bring your own mat & props to class.**

All participants must have a reserved spot and sign in at the office first.

