



Northampton Aquatic & Family Center
at JFK Middle School, 100 Bridge Road, Florence, MA 01062



Beginners Yoga

Session IV Spring 2019



Yoga instructor, Beth Tascione, will introduce and break down a variety of basic yoga poses to help you feel stronger and more flexible, making movement freer and easier. We'll also explore breathing and meditation practices to help quiet your mind so you feel more relaxed and peaceful.

MONDAY EVENING CLASSES: 6:00 - 7:15 PM

Location: Aquatic & Family Center

Dates: April 29 – June 24 (8 Classes)
(No class May 27)



Fee: \$60/ \$65 / \$75

(Walk in fee: \$8 / \$10 / \$12)



Fees listed in the order of AFC Member / Resident / Non-Resident

Participants will need to provide their own yoga mat.

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence, MA 01062
Mon-Fri 4:00-8:00pm & Sat 10am-5pm and Sun 11:00am-4:30pm, 587-1046

or

Northampton Parks & Recreation Department, 100 A Bridge Road, Florence MA 01062
Mon-Fri 8:30am-4:30pm 587-1040
www.northamptonma.gov/recreation

REGISTRATION FORM ON REVERSE SIDE

Updated March 7, 2019

