

Yoga Classes

*Promote your physical and emotional well-being
by becoming more fit and flexible, while
improving your breath, body, mind and spirit.*

Art for the Young at Heart 65+
Wednesdays 10:00am-11:00am
This program resumes Feb. 7, 2024
Registration required.

Open Yoga / All Level Practice
Thursdays 6:00pm-7:00pm
5 class cards/10 class cards available

www.cygnusarts.org / 609.272.1199

