



Lexington Parks and Recreation Department

www.LexingtonNC.gov

Teen Yoga

What a way for teens to manage their stress levels, improve their fitness in a calm in a relaxing exercise program. Yoga class will help relieve tension, and provide an outlet for teens to unwind after a strenuous day of lectures and testing. Participants will develop techniques to improve their concentration and lessen stiffness from sitting during classes.

Teen Yoga Classes

Classes: Saturday, February 4, 2017 & February 18, 2017

Classes: Saturday, March 4, 2017 & March 18, 2017

Classes: Saturday, April 15, 2017 & April 29, 2017

Fee: \$6 Resident \$8 Non-Resident (per class)

Time: 1pm—2pm Beginner Level Class

Please bring a towel and bottled water. Mats provided.



All classes are taught by a certified instructor. Classes will be held at Robbins Recreation Center. The deadline to register for each Session is the Friday before class starts. For more information contact Lexington Parks and Recreation Department at 336.248.3960 or visit our website.



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512 S. Hargrave Street

Lexington NC 27292

Phone: 336.248.3960

Fax: 336.248.3964