

# 2019

# Spring | Summer

## FITNESS



### Gentle Yoga



**Thursdays**

7:00-8:30 PM

**Sessions:**

3/28-5/2, 5/9-6/13,  
6/20-8/1, 8/8-9/12

**Ages:** Adults

**Cost:** Res/\$50 session/\$12 drop-in

Non-res./\$55 session/\$15 drop-in

**Location:** Park District Headquarters

### Hatha Yoga

**Tuesdays**

11:30 AM-1:00 PM

**Sessions:**

4/2-5/7, 5/14-6/18  
6/25-7/30, 8/6-9/10

**Ages:** Adults

**Cost:** Res/\$50 session/\$12 drop-in

Non-res./\$55 session/\$15 drop-in

**Location:** Park District Headquarters



### Strollers in Motion

**Wednesdays**

9:30-10:30 AM

**Sessions:**

4/3-5/1, 5/15-6/12,  
6/19-7/17, 7/31-8/28



**Ages:** Baby-wearing moms & dads

**Cost:** \$24/Resident | \$30 Non-res.

5-week session (punch card)

**Location:** Kehl Park

### Mindfulness Meditation



**Mondays**

3/11-4/15

10:00-11:30 AM

**Ages:** Adults

**Cost:** Res/\$50 session/\$12 drop-in

Non-res./\$55 session/\$15 drop-in

**Location:** Park District Headquarters



For program details and location information please call **848-3535** or visit

[bellbrooksugarcreekparks.org](http://bellbrooksugarcreekparks.org)