

# FITNESS



## Hatha Yoga

Tuesdays | 7:00 PM



### Sessions:

9/17-10/22, 10/29-12/3, 1/7-2/11, & 2/18-3/24

**Ages:** Adults

**Cost:** Res/\$50 session/\$12 drop-in  
Non-res./\$55 session/\$15 drop-in

**Location:** Park District Headquarters

## Gentle Yoga

Thursdays | 12:00 PM



### Sessions:

9/19-10/24, 10/31-12/12, 1/9-2/13, & 2/20-3/26

**Ages:** Adults

**Cost:** Res/\$50 session/\$12 drop-in  
Non-res./\$55 session/\$15 drop-in

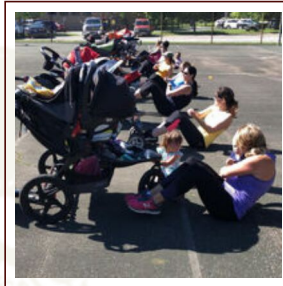
**Location:** Park District Headquarters

## Strollers in Motion

Wednesdays | 9:30 AM

### Sessions:

9/11-10/9, 10/23-11/20, 1/8-2/5, & 2/19-3/18



**Ages:** Parents/Children

**Cost:** \$24/Resident | \$30 Non-resident  
for 5-week session (punch card)

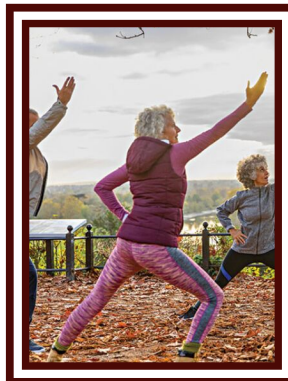
**Location:** Kehl Park

## Tai Chi

Wednesdays | 9:00 AM & 5:30 PM

### Sessions:

8/14-9/11, 9/18-10/16, 10/23-11/20, 1/8-2/5, & 2/12-3/11



**Ages:** Adults

**Cost:** \$50/session or \$15 drop-in

**Location:** Park District Headquarters



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