



FITNESS CLASS

YOGA AT NOON

INSTRUCTOR: NOELLE HOYE

January 10th – March 2nd
Tuesday & Thursday **12pm – 1pm**

Learn basic Hatha yoga movements in multi levels which include stretching, muscle contractions and breathing workout exercises.

Class will be offered at the Irwindale Senior Center located at 16116 Arrow Highway, Irwindale.



Irwindale Recreation Fitness Class

**Register at the Dan Diaz
Recreation Center:**

Now thru January 10th

Registration Fees:

Resident*	\$20
Monthly Member	\$30
Non Resident	\$40

Additional Class supplies may be needed. Instructor will hand out a class supply sheet on the 1st class day

A minimum of 8 students must be registered for this class to begin

**VALID Resident ID Card required*

*Ages 16 years of age
and older are welcome
to register*

**Session Two is scheduled
for March 14th – May 4th**
Separate registration fees apply

IRWINDALE RECREATION

Dan Diaz Recreation Center
16053 Calle de Paseo
Irwindale CA 91706
626.430.2224

www.irwindaleca.gov

All refunds are subject to a \$3.00 Administrative Fee

All sales transactions must be completed ½ hour prior to the close of the Dan Diaz Recreation Center
For more information, please contact the Recreation Department at 430-2224