

Lompoc Parks, Recreation & Urban Forestry Department  
"We Create Community through People, Parks and Programs"

# Yoga Stretch & Strength

Transform yourself this summer with this inspiring and healthy Yoga class! Find out how Yoga can increase your energy, flexibility, and strength, and discover how Yoga's simple and effective postures combined with breathing and relaxation techniques will reduce your stress and refresh your mind, body and spirit!

This class is perfect for someone who is new to Yoga, or for someone who wants to deepen their yoga practice!

Participants will receive 8 free lap swim passes for the Lompoc Aquatic Center. The instructor will hand out these passes at class. As well, a 15% discount will be applied when you register consecutive months and/or both Tuesday and Thursday classes.



**Ages: 16 & Up**

**FEES:**

**\$30.00 (R) / \$36.00 (N) - No class on July 8th**  
\* \* Class fee pro-rated

**TIMES:**

**5:15 PM - 6:30 PM**

**Location: Lompoc Valley Community Center**

<b>Tuesdays</b>	<b>OR</b>	<b>Thursdays</b>
<b>May 4 - 25</b>		<b>May 6 - 27</b>
<b>Jun 1 - 29*</b>		<b>Jun 3 - 24**</b>
<b>Jul 6 - 27</b>		<b>Jul 8 - 29</b>
<b>Aug 3 - 31</b>		<b>Aug 5 - 26</b>

For more information, please call us at (805) 875-8100 or register at 125 West Walnut Avenue.