

For
Families

Family Yoga Class

December 10
9:30-10:30am



Start off your Monday morning with your little one to relax and unwind from the weekend!

- This class is for children ages 3-10 and an adult to attend together.
- A great way to exercise, relax and bond with your family!
- Focus on deep breathing, relaxation, postures, concentration with animal/nature poses and dancing!
- Class is led by Shelby Hanstad, a yoga instructor certified in 4 class specialties.
- Please bring a yoga mat (or beach towel), water bottle, and comfortable clothing.
- Each class is \$10 for a child and adult (\$5 for each additional child).
- Register online at register.ccparkandrec.com to save your spot. Walk-ins are welcome if spots are available.

For more information, contact Lauren Piorkowski at (361) 826-3311 or laurenpiorkowski@cctexas.com.

Meet at the Oso Bay Wetlands Preserve & Learning Center located at:
2446 N. Oso Parkway, Corpus Christi, TX 78414



Oso Bay
Wetlands
Preserve
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The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, disability or political belief. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call (361) 826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.