

Harrisonville Parks & Recreation

Gentle Yoga

Join Instructor
Aubrey Graeve

**Monday &
Wednesdays Mornings**

From 10:30am - 11:15am

Free to Members / \$36* Non-Members

**(Cost per 6-week session for each weekday, morning/afternoon sessions registered)*

*Gentle Yoga is a slow paced,
well supported, & nurturing class.
Focus will be on Balance,
Range of Motion, & Flexibility.*

For more info. contact Vince Schroeder @ vschroeder@harrisonville.com
or, 380.8980, ext. 5988



**HARRISONVILLE
COMMUNITY CENTER**

2400 Jefferson Pkwy Harrisonville, MO 64701

www.HPARKS.com | (816) 380.8980

"Let us be the best part of your day and first choice for Health, Fitness, & Fun!"