



Worcester Township Parks & Recreation and Kinetix Sports Club present:

YOUNG AT HEART YOGA

This safe and slower-moving class is designed for **older adults** as well as people of all ages with physical challenges, or those who might be recovering from an injury.

This program allows for participants to socialize and meet new people, while working to gently increase their mobility. The classes allow participants to increase range-of-motion in their shoulders, backs, hips, and legs, as well as developing better balance, core strength, and breath awareness.

Dates: Tuesdays from January 15-February 19, 2019 (Snow dates: February 26 and March 5)

Time: Noon- 1 PM

Where: Worcester Community Hall (1031 Valley Forge Road, Worcester, PA 19490)

Cost: \$60/R, \$66/NR

To register: Fill out a Recreation Activity Form and return to:

Worcester Township
PO Box 767
Worcester, PA 19490

Questions?: Contact Steven Heintz, Recreation Coordinator at sheintz@worcestertwp.com or (610) 584-1410.