



## FAMILY FITNESS FUNDAY: YOGA! Saturday, April 13th, 2019 at 10am



Please join us on April 14th for our YOGA Family Fitness Funday!  
We will share a relaxing and strengthening yoga class in our very own gym.

Yoga Jen, who has guided many of our past yoga Funday's, and who also teaches yoga in our Afterschool Program, will lead our family class from 10a-11a. Then join us for bagels in the cafeteria, immediately following the class. Please bring your own mat if you have one!

Children, parents, grandparents, caregivers – all are welcome! Cost is \$5 per person, suggested – and can be paid online at [www.pa196.org/yoga.html](http://www.pa196.org/yoga.html), or with cash or check made out to PA of PS196.

**Space is limited - please RSVP for YOGA by Wednesday, April 10<sup>th</sup>!**

**PLEASE register online at [www.pa196.org/yoga.html](http://www.pa196.org/yoga.html)**

OR

Please complete the information below and return, with your payment of \$5 per person (cash, or check made out PA of PS196), in an envelope labeled "Fitness Funday"

Name of participant & Age/Class (if child)                      email

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

If you have any questions, please email [Wellness196@gmail.com](mailto:Wellness196@gmail.com)