The City *of*
SAN DIEGO
Parks and Recreation Department

NEW! Stretching and Relaxation

With yoga inspired moves, this class will get participants stretched and relaxed by the end of the session. This class will help participants build on body alignment while adding more strength availability. This all-levels class will get participants warmed up, stretched and relaxed by the end of each session. **Mats are highly recommended for participants to bring**

Dates:	January 7– February 27, 2020
Day(s):	**Tuesday & Thursday**
Time:	1:00 – 1:50 PM
Location:	Tecolote Rec Center *4675 Tecolote Rd.* *San Diego, CA 92110*
Ages:	18 years and older
Cost:	FREE

ActiveNet Code [67004]

Tecolote Recreation Center • 4675 Tecolote Road, San Diego, CA 92110 • (858) 581-9930

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