

Yoga Fusion

Tai-Chi along with Pilates and Yoga integrated into a well rounded routine.

Central Park Community
Center 368-3796



Tuesdays/Thursdays
Saturdays
10-11am

The instructor will combine the slow movements of Tai-Chi to warm up the muscles with Pilates and Yoga, interchangeable for stretching and exercise. The final five minutes will be used for relaxation and to absorb the workout.



1st session—Jan 5 Tue/Thur
2nd session—Feb 23 Tue/Thur
3rd session—Apr 13 Tue/Thur

1st session—Jan 9 Sat
2nd session—Feb 27 Sat



ADA Notice: For reasonable accommodations for this event, contact 785-368-3796 at least three working days in advance.