



TWEEN YOGA



Thursday November 13 | 4 – 5 PM

Meets in the Mind/Body Studio

9 – 12 YO

Just for tweens, this class will get them moving, while also providing stress management options and mindfulness practices.

Fees:

Members/ \$10

Non-Members/ \$15

Register online at saymca.org or in person



**Please, bring
your own mat.**