

The Upton Recreation Commission is offering.....
NEW!! Teen Yoga!
W/ Lara



8 Weeks for only \$50!

Fridays 3-4pm, Feb 10th- April 13th

(No class school vacation)

Nipmuc High School DVC room

Yoga is a great way to empower preteens and teenagers to become more self-aware and confident. Students gain a sense of well-being while developing strength and flexibility. Great for students enrolled in sports or dance. Helps with core strength as well. They also learn breathing and relaxation techniques to help them cope with stress and pressure. All you will need is a yoga mat, comfy clothes, water, and a smile.

Come join us for this fun new class!

Classes fill up fast, pre registration is recommended. Simply mail in payment and a registration form to: Upton Recreation Commission 1 Main Street, Box #14, Upton, Ma. 01568 or you may register 15 min before class

For more information email Lara at lovinlary@hotmail.com

To download registrations :<http://www.upton.ma.us/pages/recreation-commission.php> or call Recreation-Director Mary Cortese at 508-769-1838