

**Upton Recreation added  
Another class  
Winter Yoga with Erin Welch**



**In the  
Nipmuc High School PDC room**

**\$100 for 15 weeks** (only about \$7 a class)  
**Thursday afternoon's**

**3:15-4:15**

**February 9<sup>th</sup>-May 17<sup>th</sup>**

Yoga is a GREAT way to let go of stress and tension!! In these classes we will move in flowing postures using the breath as guide. We will stretch, strengthen, and relax as we take part in these all level classes. These classes will help increase flexibility and tone muscles in a safe and effective way. Modifications will be provided for beginners, as well as ways to challenge postures for the more advanced students. You will feel energized yet relaxed as you leave these great classes offered by Lara Wahl. At the end of each class is a restorative sequence followed by a final relaxation.

Bring a yoga mat, water, comfy clothes and a smile!!

**NEW: Healthy Hopper! Purchase a \$100 coupon to use at any of our Fitness classes**

Register early by sending a check made out to Town of Upton, Recreation Commission, 1 Main Street, Box #14, Upton, Ma. 01568 or by signing up the first class. For more information or to download registrations visit our website at <http://www.upton.ma.us/pages/recreation-commission.php> or call Recreation-Director Mary Cortese at 508-769-1838