



# Hope Mills Parks and Recreation

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109



**Tuesday & Thursday**  
**2:45-3:45 pm**

**No Cost**

Advanced registration is required every month before attending class. Registration will open at 8 am on the 3rd Friday of each month for the following month. You must create an online account before registering.

## 55+ YOGA

**DO YOU WANT TO IMPROVE**

YOUR BALANCE AND COORDINATION?

**DO YOU WANT TO INCREASE**

YOUR STRENGTH AND FLEXIBILITY?

You must bring your own mat; no mats are provided. This is a floor based Yoga class for adults 55+ only. Online advanced registration is recommended.

**For more info. & to register: [www.townofhopemills.com](http://www.townofhopemills.com)**