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To register and see hours of operation

BCSCREC.COM



**You don't have to be flexible. You don't have to be fit.
You just have to show up.**

If you've ever thought... "I'm too out of shape for yoga."

"Everyone there will be younger, thinner, or more flexible than me."

"I'll just embarrass myself."

This class was created for you. Yoga for EveryBODY isn't about touching your toes, perfect poses, and definitely not about looking a certain way in yoga pants. It's about feeling better in your body no matter your size, fitness level, or where you're starting.

This welcoming class is led by Patty Kleban, a Yoga Alliance Certified Instructor, who believes yoga should be accessible to everyone—not just people who can already twist into a pretzel.

**Bluffton Rec Center
Tuesdays | 6:15-7:15PM**

9/8, 9/15, 9/22, 10/6, 10/20, 10/27, 11/3, 11/17, 12/1

Questions? Email Patty Kleban at patty.kleban@gmail.com

Shortcut to
registration ➔

BLUFFTON RECREATION CENTER 843-255-6770

