

# Free Yoga Classes

Classes to help shape and tone your body,  
while relaxing your mind and spirit.

Free and open to the public, beginning November 2  
with trainers provided by **Kentucky Yoga Initiative**.

## **Shelby Park Community Center**

600 East Oak St 40203  
502/574-1780

**Mondays, 6-7 p.m.**

## **Southwick Community Center**

3621 Southern Ave 40211  
502/775-6598

**Tuesdays, 6:30-7:30 p.m.**

## **Shawnee Arts and Cultural Center**

607 South 37th St 40211  
502/775-5268

**Wednesdays, 10-11 a.m.**

## **Molly Leonard Portland Community Center**

640 North 27th St 40212  
502/776-0913

**Wednesdays, 5:30-6:30 p.m.**



**METRO PARKS  
AND RECREATION**