

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 4
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.



**KENTUCKY
YOGA
INITIATIVE**



**METRO PARKS
AND RECREATION**