



Plum Community Center
FITNESS @ PCC

New in **2019**

MIND & BODY Connections

CLASSES

****New** MAT YOGA**

Tuesday Evenings 6:15-7:15 PM

Beginning to intermediated class
No shoes, and participants must be able to get
up and down freely. Bring your own yoga matt.

\$5.00 per class

MOMMY ME & MORE YOGA

Thursdays 10:00 AM-11:00 AM

\$5.00 per class

Calling all moms, dads, and caregivers and children birth to age 5. Learn basic moves and stay for
playtime and conversation after the class. Free coffee will be served.

****New** FAMILY YOGA**

Saturday Mornings 10:00 AM-11:00 AM

\$5.00 per class

Start your day off with family fitness and fun. Designed for moms,
dads, caregivers, children birth to age 10.



INSTRUCTOR: SONJA APPERSON

is a registered yoga teacher. She has taught for over six years and has been practicing yoga for close to twenty years. Sonja has taught a variety of classes, including beginner and intermediate vinyasa, family yoga, mommy and me yoga and restorative yoga.

PLUM COMMUNITY CENTER

499 CENTER NEW TEXAS RD.

FOR MORE INFORMATION: Contact Maria Schafer

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WEBSITE: WWW.PLUMCOMMUNITYCENTER.ORG