

PENN-TRAFFORD AREA RECREATION COMMISSION

2001 Municipal Ct.
Harrison City, PA 15636
Hours: Mon-Fri, 9:00-4:00 pm
724-392-4555

www.ptarc.org
[Facebook.com/ptrecreation](https://www.facebook.com/ptrecreation)
*Pre-registration required



REGISTER ON-LINE AT www.ptarc.org

GENTLE VINYASA FLOW Ages 18 & up

This class is structured to begin with breath work, passive stretching and a slow warmup. It will find its peak with a steady flow and strong standing postures to build heat in the body, then wind back down with soothing postures and a final rest in savasana, or resting pose. Each class will offer a practice that is both challenging and relaxing. There will be modifications to accommodate all levels. Please bring a yoga mat, towel and water.

Instructor: Kali Kearns

Location: PT Municipal Building Commissioners Room

Time: Mondays, 9:00-10:00 am

1st 6 week session: January 6-February 10 OR

Fee: PTSD Residents \$34, Non-residents, \$42

YOGA IN THE EVENING Ages 18 & up

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. Come join us for this gentle flow yoga class and see what it's all about! Bring mat, water bottle, blocks (if you have them) and towel.

Instructor: Kali Kearns

Location: PT Municipal Building Commissioners Room

Time: Tuesdays, 6:30-7:30 pm

1st 6 week session: January 7-February 25 (no 2/4)

Fee: PTSD Residents \$34, Non-residents \$37



YIN YOGA Ages 18 & up

Yin Yoga is a quiet, meditating practice with long, deep posture holds. This class targets the body's connective tissue and promotes the mobilization of fascia while increasing circulation and flexibility. Class will close with a restorative posture. All levels welcome! Please bring a yoga mat, two towels & a water bottle.

Instructor: Kali Kearns

Location: PT Municipal Building Commissioners Room

Time: Fridays, 9:00-10:00 am

1st 6 week session: January 10-February 14

Fee: PTSD Residents, \$34, Non-residents, \$42



SATURDAY YOGA FLOW Ages 16 & up

An energizing morning practice for the intermediate yogi. Building off the breath and vinyasa-style flow, this class kicks it up a notch for those who want to be challenged to grow their practice. Perfect for awakening your core strength and challenging yourself with more dynamic flow, advanced balances and postures. Bring a mat, towel and water

Instructor: Kim McLeod

Location: PT Municipal Building Commissioner Room

Time: Saturdays, 9:30 – 10:30 am

1st 6 week session: January 18-February 22

Fee: SPTD Residents \$39, Non-residents \$47

SATURDAY CHILL YOGA Ages 16 +

Ease into the weekend with a chill mid-morning yoga practice that will empower and inspire inner and outer transformation through guided meditation, gentle movement, and mindful breathing. Incorporating low lighting and relaxing music, you will be guided with compassion to explore your inner self and allow your mind to unwind. Perfect for anyone seeking to calm the mind, reduce stress, and relax the body. Bring a mat, towel and water.

Instructor: Kim McLeod

Location: PT Municipal Building Commissioners Room

Time: Saturdays, 10:45 – 11:45 am

1st 6 week session: January 18-February 22

Fee: PTSD Residents \$39, Non-residents \$ 47