

GLOWGA

Glowga (glow in the dark yoga) includes games, music, yoga poses, and breathing techniques. Class is held in a dark room lit by black lights.

Kids yoga can help improve concentration, regulate the nervous system, and improve strength, flexibility, and balance.

JUNE 4 • JULY 2 • AUGUST 6

Grades 1 - 3

6:30 - 7:30 p.m.

Grades 4 - 6

7:30 - 8:30 p.m.

Minimum 10 kids needed to hold each class, Max 15

COST

\$15 for each session

LOCATION

Red Rock Central High School Wrestling Room

Enter through gym doors

REGISTRATION

**Call the Red Rock Central School Office at
507-752-7361**

**Registration & payment due one week prior to class
(May 28, June 25, July 30)**