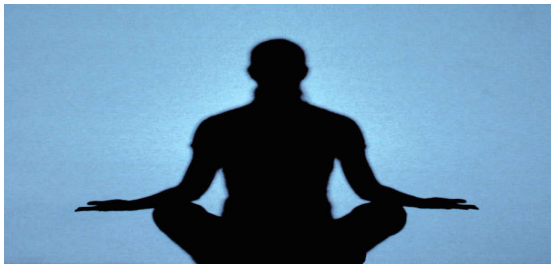
Fulton-El Camino Recreation and Park District
2201 Cottage Way, Sacramento, CA 95825
(916) 927-3802 fax: (916) 927-3805
www.fecrpd.com

Parks Make Life Better!

YOGA AT FEC!

Instructor:
Ann Wehrman



Locations:
Howe Park
Cottage Park

GENTLE YOGA

Sundays
10:00 AM – 11:00 AM

Learn the FUNdamentals of Yoga!

$24/Mo. Residents
$26/Mo. Non-residents
Drop-In fee $10
Location:
Cottage Center
3097 Cottage Way

FUN WITH YOGA

Mondays
12:30 PM – 1:45 PM

All Skill Levels FUN and relaxation!

$30/mo. Residents
$32/mo. Non-residents
Drop–In fee $10
Location:
Howe Community Center
2201 Cottage Way

To Register:

- **Online at www.fecrpd.com**
- **By Phone 916-927-3802**
- **In person at the District office 2201 Cottage Way**
- **Drop-in with $10 fee**

**Personal mats are highly recommended.*

Please register a week Before the start of each Month to avoid class Cancellation.