



LESS Event



Friday, April 24, 5-6 pm
All participants receive a
FREE STRESS LESS t-shirt.

FREE to Rec Center members, Rockwell Collins Employees, their families and guests

Rec Center members can bring guests to this event for **FREE** and will receive a **FREE** guest voucher for EVERY guest they bring!

Class will be taught at a basic/beginner level on the Basketball Courts. Bring your yoga mat, or borrow a towel for class. Participants must be at least 12 years of age to attend.

Pre-Register at www.rcrcSports.com/yoga

FREE children's activity

Ages 5-11 offered from 5-6pm on nutrition and yoga for kids. Maximum 20 participants. **REGISTRATION IS REQUIRED.**

Register your children at the link above.