



GLENN DALE COMMUNITY CENTER
11901 GLENN DALE BLVD., GLENN DALE 20769
301-352-8983; GlennDaleCC@pgparks.com

YOGA

MIXED AGES, BEGINNER

Mondays
10:00am - 11:00 am

Ages 18 & up

\$25 Residents

\$33 Non Residents

Stretch toward your fitness goals! Learn basic yoga to improve health and flexibility through deep breathing and controlled stretching. Reduce stress, get better sleep, and build muscle stamina as you practice new or previously learned yoga skills.

Activity Code

Date

#17634 - 127A 1/5/26 - 1/26/26

#17634 - 127B 2/9/26 - 3/2/26



DROP IN \$6

Connect with us!

@pgparks



- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.