



NEW CLASSES ADDED!

GENTLE FLOW YOGA (AM)

In-Person/Hybrid

This class is great for beginners wishing to start a practice, and those who appreciate moving slowly and consciously through the postures.

Mondays (6 classes)

Nov. 9th - Dec. 14th

9:30am - 10:30am

Koontz Park Basketball Courts*

*This session is scheduled as "In-Person/Hybrid". Meaning, the session will be held outdoors, as the weather permits. In the event of inclement weather, class will not be cancelled, and will instead be held online/virtual, on Zoom.

Registration Fee

Whitemarsh Residents: \$63.00

Non-Residents: \$72.00

CARDIO, STRENGTH, & STRETCH INTERVAL

In-Person/Hybrid

A low impact cardio and total body strengthening interval workout that will fire up the cardiovascular system and strengthen the entire body. We will use light hand weights (1-4 lbs) and pilates mat-based strengthening exercises.

Mondays (6 classes)

Nov. 9th - Dec. 14th

11:00am - 12:00pm

Koontz Park Basketball Courts*

*This session is scheduled as "In-Person/Hybrid". Meaning, the session will be held outdoors, as the weather permits. In the event of inclement weather, class will not be cancelled, and will instead be held online/virtual, on Zoom.

Registration Fee

Whitemarsh Residents: \$63.00

Non-Residents: \$72.00

CHAIR YOGA

Online via Zoom

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. It is ideal for those seeking the physical and mental benefits of yoga—including stress reduction, increased flexibility, and developing the mind-body connection.

Wednesdays (6 classes)

Oct. 14th - Dec. 2nd

No Class Nov. 4th or 25th

10:30am - 11:30am

Online via Zoom*

*This session is online-only, through Zoom. Specific details & instructions on how to join will be received upon registration.

Registration Fee

Whitemarsh Residents: \$63.00

Non-Residents: \$72.00

Register online, in-person, or over the phone, today!

WHITEMARSH TOWNSHIP PARKS & RECREATION

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Individual participant's needs are addressed in a safe, nurturing, non-competitive environment, throughout all of these programs.