

FOR IMMEDIATE RELEASE

CITY OF PALMDALE

NEWS RELEASE

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Registration Open for New Yoga Class at POPC

PALMDALE – The City of Palmdale’s recreation and culture department offering a new series of classes this fall titled “Get Your Down-Dog On! Yoga.”

This fun, energizing flowing Hatha Yoga class combines a series of stretching, breathing and meditation exercises designed to rejuvenate the mind, body and spirit. Led by instructor Shrilet Ransom, Jr., yoga is excellent for stretching and destressing while improving your strength, flexibility, mobility and overall sense of being.

The first session will begin on Tuesday, Sept. 5 and run each Tuesday and Wednesday through Sept. 27 from 6:30 to 7:30 pm. at the Palmdale Oasis Recreation Center, located at 3850 E. Ave. S. The fee is discounted to \$50 for Palmdale residents, and is \$63 for non-residents. Additional sessions will be held in Oct., Nov. and Dec.

Online registration is available at www.cityofpalmdale.org/playpalmdale, course number 8985. Participants may also register at the parks and recreation office, 38260 10th St. East, Monday through Thursday from 7:30 am to 6 pm.

For more information, call parks and recreation at 267-5611.

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