



YOGA

Adults 16+

Enhance your flexibility, strength, and balance so you're always match-ready on the court! Our beginner-friendly yoga classes require no previous experience—just bring a mat, a water bottle, and a willingness to learn.

YOGA— Restorative

DAY	TIME	SESSION I	RESIDENT \$	NON-RES \$
MON	6:10p-7:10p	6/2-7/7	\$122	\$134
DAY	TIME	SESSION II	RESIDENT \$	NON-RES \$
MON	6:10p-7:10p	7/14-8/18	\$122	\$134

YOGA— Slow Flow

DAY	TIME	SESSION I	RESIDENT \$	NON-RES \$
MON	7:20p-8:20p	6/2-7/7	\$122	\$134
DAY	TIME	SESSION II	RESIDENT \$	NON-RES \$
MON	7:20p-8:20p	7/14-8/18	\$122	\$134

Registration opens on 4/23 @10am—Register on CourtReserve:

<https://app.courtreserve.com/Online/Portal/Index/13206>

Pleasanton Tennis Center: 5801 Valley Ave • 925-931-3449 • lifetimeactivities.com

