



Healthy  
Irwindale

EAT WELL ♦ LIVE WELL ♦ BE WELL

Adult Fitness Class



RECREATION

# YOGA in the AM

Learn basic Hatha yoga movements in multi-levels which includes stretching, muscle contractions, and breathing workout exercises.

Additional class supplies may be needed. Instructor will hand out a class supply sheet on the 1st day of class. This class is for those 18 years and older.

**CLASS DAYS:**

**MONDAYS & WEDNESDAYS**

**DATES:**

**APRIL 6, 2026 - JUNE 10, 2026**

**\*NO CLASS MAY 25<sup>TH</sup> DUE TO  
MEMORIAL DAY**

**TIME:**

**7:00AM**

**LOCATION:**

**DAN DIAZ RECREATION CENTER**

Dan Diaz Recreation Center  
16053 Calle de Paseo  
Irwindale, CA 91706  
626-430-2224  
[www.irwindaleca.gov](http://www.irwindaleca.gov)

Important information on  
the back of this flyer.



**#iRecROCKS**



**INSTRUCTOR:  
NOELLE HOYE**



**Register at the  
Dan Diaz Recreation Center  
16053 Calle de Paseo, Irwindale  
Registration Fees**

**Residents\*: Free  
Non-residents: \$40.00**

**Registration Dates:  
Residents\***

**Monday, March 16, 2026 -  
Saturday, April 4, 2026**

**Non-residents  
Monday, March 23, 2026 -  
Saturday, April 4, 2026**

**\*VALID Resident ID Card or Irwindale City Employee Card required for persons wishing to register as an Irwindale Resident.**

**Must be 18yrs or older to register.**

Don't forget to bring your mat and water.  
**CLASS SIZE LIMITED TO THE FIRST 12 SIGN UPS**

**FOR ADA ACCOMMODATION REQUESTS, PLEASE CONTACT  
LUANA ACUÑA AT 626-430-2297.**



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**Para obtener información en español sobre este folleto o cualquier otro programa, clase, viaje, o evento que ofrecemos, llame al 626.430.2224 de 3:00 p.m. a 6:00 p.m.**