



Healthy  
Irwindale

EAT WELL ♦ LIVE WELL ♦ BE WELL

Adult Fitness Class



RECREATION

# YOGA at NOON

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:  
TUESDAYS & THURSDAYS**

**DATES:  
APRIL 7, 2026 - JUNE 11, 2026**

**TIME:  
12:00PM**

**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**

**Registration Dates**

**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.**