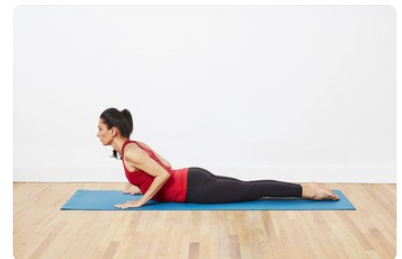


# YOGA

Thursdays from 4:15-5:15pm @ EME - \$50 for 10 Classes

## Become More Fit & Flexible

Keep your mind healthy and release stress through our weekly yoga class at East Millsboro Elementary School. Bring a water bottle, yoga mat, and towel. Come and experience the magic of yoga!  
Instructor: Helen Timmons



## When and Where:

Thursday's @ East Millsboro Elementary Gym 29346 Iron Branch Rd, Millsboro, DE  
from 4:15-5:15PM - 10 sessions for \$50 - 9/12 through 12/5 (excluding 11/7, 11/14, and 11/28)

**Sign up & Payment:** Deadline to register is Friday Sept 6th. Participants can sign up via the google registration form & pay by credit card when visiting our Community Education webpage at the following link: <https://www.irsd.net/community/adult-community-education/class-listings-fall-20242025>

If you are choosing to pay by check instead of credit card, please mail checks payable to "**IRSD Community Education**" to *IRSD Community Education Attn: Matt Schifano 31 Hosier St. Selbyville, DE 19975.*



## IRSD Adult & Community Education

Email: [matthew.schifano@irsd.k12.de.us](mailto:matthew.schifano@irsd.k12.de.us)

Website: [community.irsd.net](http://community.irsd.net)

Location: [31 Hosier Street, Selbyville, DE, USA](#)

Phone: [302-436-1000](tel:302-436-1000)



Matt Schifano