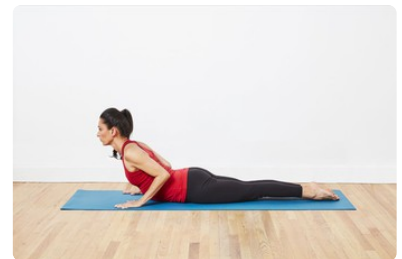


YOGA

Thursdays from 4:15-5:15pm @ EME - \$75 for 15 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: MaryBeth Leonard



When and Where:

Thursday's @ East Millsboro Elementary Gym 29346 Iron Branch Rd, Millsboro, DE
from 4:15-5:15PM - 15 sessions for \$75 - 1/9 through 4/17

Sign up & Payment: Deadline to register is Friday Jan 3rd. 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-winterspring-2025>

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 Community Education

Email: matthew.schifano@irsd.k12.de.us

Website: <https://www.irsd.net/community/adult-community-education>

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

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



Matt Schifano