

For  
Adults

# Yoga with Jody

Each  
Saturday  
2026

10:30 a.m.



## Join us each Saturday for the yoga class at our amphitheater

- There is a charge of **\$10**. Registration IS required.
- This program is geared toward adults ages 18 and over.  
**The first class of this pilot program on March 7 will be free, and registration is NOT required.**

This class is beginner-level Vinyasa Yoga, a dynamic, breath-driven style in which movements flow smoothly from one pose to the next. This is an all-levels class with modifications and variations offered throughout class for a practice that meets you exactly where you are. Regular yoga practice reduces stress, lowers blood pressure, improves flexibility and strength, and increases mental well-being.

Contact AJ Warrington at [AshleyW2@corpuschristitx.gov](mailto:AshleyW2@corpuschristitx.gov) for more details.

Meet at the Learning Center located at  
**2446 N. Oso Parkway, Corpus Christi, TX 78414**

SCAN TO  
REGISTER



CITY OF CORPUS CHRISTI  
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