

For
Adults

Yoga with Jody

**Each
Saturday
Fall
2026**

(September -
December)

9:30 a.m.



Infuse some peace and mindfulness into your weekends!

- There is a charge of **\$10**. Registration IS required.
- This program is geared toward adults ages 18 and over.

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 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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**PARKS &
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