

Racquet Sports Yoga Clinic

@ Marucci Park Rec Center

Mondays 3/2 - 3/30

8am-8:45am

***Stronger Core** → Better swing control

***Increased Flexibility** → Faster recovery, reduced strains

***Agility & Endurance** → Quicker movements between shots



\$50 for 5 Weeks

For additional information and registration visit www.springlakeboro.org.

Contact recreation@springlakeboro.org or call (732)449-0800 ext. 602