For Adults

# Yoga with Jody

**Wednesdays 2026**

6:00 p.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.

**There will be no class on November 4**

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
OSO BAY WETLANDS
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Persons requiring an accommodation should call 361-826-3460 at least 48 hours in advance.