



**Sterling Recreation Authority**  
**Yoga**

Tuesdays at the Air Conditioned Jordan Center  
**Tuesdays, August 28<sup>th</sup> – October 2<sup>nd</sup>**  
**50 Main Street, Sterling, CT**

If you are interested please contact the Recreation Office for  
Registration. Forms will be online and at the Recreation Office.

**\$5.00 per class**

If interested please

Call 860-564-2136

Email: [recdir@sterlingct.us](mailto:recdir@sterlingct.us)

The Sterling Recreation Authority reserves the right to cancel any program that does not meet minimal attendance requirements. It is understood The Town of Sterling and The Sterling Recreation Authority is not responsible for injury or damage to person or property while attending this event.