

Yoga

with Jessica Tresko

The village is proud in continuing partnership with Jessica and her yoga classes since 2016.

Join us once a week via virtual or in-person format.

Ages 10 and above of all skill levels are welcome!

Classes ranging from:

Vinyasa flow

matches the breath with movements; works up a vigorous sweat

Relaxation

supported relaxing positions on the floor; props needed

Yin

deep stretching on the floor

When:

Saturdays - In person format from 9:15 - 10:15 am

Where:

Virtual classes on Zoom - email & Zoom needed to access.

In person classes - upstairs auditorium at the village hall located at 4863 East 71st St.

Cost:

Residents - FREE

Non-resident guests - \$5 per class (can be pre-paid or paid day of class)

*Pre-registration is required. Forms can be found on our website at cuyahogaheights.com

CUYAHOGA HEIGHTS SENIORS CHRISTMAS PARTY 12/9/2023



Santa Visits Bacci Park!

12/17/2023









See you all next year!

