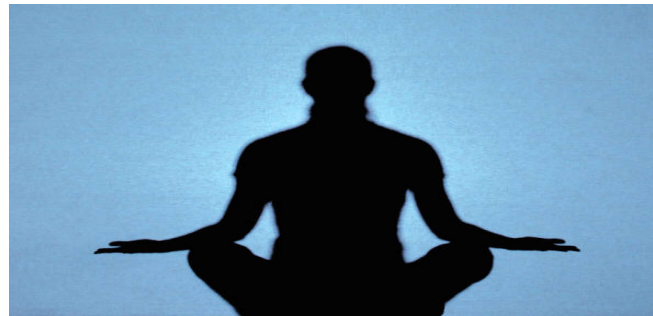


Fulton-El Camino Recreation and Park District  
2201 Cottage Way, Sacramento, CA 95825  
(916) 927-3802 fax: (916) 927-3805  
www.fecrecpark.com



# Tuesday Night Yoga at Howe Park



With Melinda Richards, CYT

## NEW!! YOGA BASICS

5:30-6:15 PM

Learn the FUNdamentals of  
Yoga!

\$20/Mo. Residents

\$25/Mo. Non-residents

Drop-In fee \$10

## INTERMEDIATE YOGA

6:30-7:45pm

Deepen your existing  
practice!

\$25/mo. Residents

\$30/mo. Non-residents

Drop-In fee \$10

**Please Register a week  
before the start of each month  
to avoid class cancellation.**



**Register Online at [www.fecrecpark.com](http://www.fecrecpark.com)  
By Phone (916)-927-3802  
In person at District office  
2201 Cottage Way**