

# University Area CDC Offers Free Sunday Yoga

The University Area CDC (Community Development Corporation) is offering free yoga in a beautiful outdoor setting throughout April on Sundays from noon to 1 p.m. at the University Area Community Center, 14013 North 22nd Street in Tampa, 33613.

Classes are held on the spacious outdoor deck. RSVP is requested by signing on at [uacdc.org/yogacafe](http://uacdc.org/yogacafe). Participants are encouraged to bring their own mats; a limited number of mats are available.

Yoga classes are an addition to the University Area CDC's other free exercise classes provided by its Get Moving program, such as Beginning Yoga held every Tuesday and Thursday from 12 to 1 p.m. and Boot Camp classes on Tuesdays and Thursdays from 11 a.m. to noon. Pre-registration is not required to participate in the classes.

University Area CDC's Get Moving! program is a comprehensive wellness program focusing on improving the health and nutrition of University Area residents, while meeting individuals where they are in life. The program strives to create a suitable living environment to promote neighborhood sustainability, by offering healthy activities through organized sports and educational classes. From indoor basketball leagues to flag football and soccer in the community park, all organized sports are available to residents who are learning for the first time, as well as those who have "been doing it for years." Additionally, senior fitness classes paired with nutritional cooking and gardening courses encourages participants at every level in life.

Celebrating more than 20 years of community service, University Area Community Development Corporation (CDC) provides support for thousands of Tampa residents through youth programs, adult education and resource assistance. Its primary mission is the redevelopment and sustainability of the at-risk areas surrounding University of South Florida's Tampa campus. More information about UACDC, a 501(c)(3) public/private partnership, is available by calling 813.558.5212 and by visiting [www.uacdc.org](http://www.uacdc.org).

**PennySaver**  
**Hillsborough County**  
**Weekly 12,000**  
**April 18, 2019**