



YOGA-THON

Sunday, October 20th, 11am-1:30pm



Beginner yoga | Gentle yoga | Chair yoga | Vinyasa yoga | Yin Yang - Fusion yoga

Located in our

DAVIS ROOM

No experience in yoga necessary

Classes for all levels

Space is limited sign up today

Light refreshments will be included

Classes led by our YMCA instructors
Liza, Pam & Lynn

Facility Member: \$10

Program Member: \$15

Visit our Member Service Desk to register

