



Beach Yoga @ Wylie Beach 8:30-9:30 am

(note time change)

*Any classes held on the beach will be
½ hour earlier than classes held at the
YMCA, as it tends to get hot.*

-You will need a Yoga mat, blanket or towel

-Incase of bad weather... class will be at the

YMCA at 9:00am

*(If unsure call the "Y" at 225-4910... the instructor
will decide and let the "Y" know by 8:00am)*

Days and Times

Saturday, June 27th – Instructor: Karen

Saturday, July 11th – Instructor: Vanessa

Saturday, August 1st – Instructor: Karen

Saturday, August 8th – Instructor: Chris

Saturday, August 15th – Instructor: Vanessa