

# YOGA & CYCLING

**Sat. June 3 - Yoga 9:00am/Bike 9:45am**

**Sat. Aug 5 - Yoga 9:00am/Bike 9:45am**

**Sat. Aug 26 - Yoga 9:00am/Bike 9:45am**

**Yoga held at Wylie in  
the grassy area west  
of the water  
15 min. bike ride to follow**

**Instructor: Janene Papendick**

**YOGA AT THE YMCA IN CASE OF INCLEMENT WEATHER**

**RIDE YOUR  
BIKE TO WYLIE  
FOR EXTRA  
MILES**

