

CLASS ON THE GRASS...



Feel the breeze... hear the birds... soak up some rays...
View the awesome scenery... all from your yoga mat!

Outdoor Yoga @ Wylie

Yoga held in the grassy area west side of the water...

SATURDAYS AT WYLIE

9:00-10:00AM

Vinyasa Flow 10:30-11:30am
with Bri held at the YMCA

Sat. June 1- Jan
Sat. June 8 - Karen
Sat. June 15 - Janene
Sat. June 22 - Anna
Sat. June 29 - Jan
Sat. July 6 - Karen
Sat. July 13 - Janene
Sat. July 20 - Anna
Sat. July 27 - Jan
Sat. Aug 3 - Karen
Sat. Aug 10 - Janene
Sat. Aug 17 - Anna
Sat. Aug 24 - Jan
Sat. Aug 31 - Karen

WEEKDAY CLASSES AT WYLIE START TUES MAY 28

TUESDAY 5:15-6:15PM
(Instructor Donna)

THURSDAY 5:15-6:15PM
(Instructor: Karen, Donna or Nicole)

You will need your own
Yoga mat, blanket or towel
Doubling up works best...
the YMCA mats will not be
available for outdoor use
In case of bad weather...
class will be at the YMCA

If unsure call the "Y" at 225-4910
the instructor will decide and let
the "Y" know 30 min prior to class

