

WOODBINE RECREATION COMMISSION

**INVITES YOU TO PARTICIPATE IN
FREE YOGA CLASSES**



**We have added new session dates.
Please come and experience the benefits of
Yoga for yourself!**

**WHEN: For July – 7/2, 7/9, 7/16, 7/23 & 7/30;
For August – 8/6, 8/13 & 8/27**

**WHERE: Woodbine Community Center
(located at 812 Longfellow Street)**

TIME: 5:30 to 6:30 pm

Phyliss Schlegel, certified yoga teacher (RYT-200), will lead this class intended for Adults (18 or older) and suitable for beginner to intermediate students.

Note: Students should bring your own yoga mat to class and arrive 10 minutes prior to start time.