



Pop-Up Outdoor Total Body Yoga



Enjoy the beautiful outdoors while getting a great workout.

Join us on the grassy area outside the wellness studio for an invigorating outdoor yoga class with Tatiana.

This multi-level class is a great option for all experience levels. We'll start with some gentle breathing exercises to help you center yourself, followed by a well-rounded sequence of poses that incorporate balance, strength, and flexibility. We'll end with some leisurely floor stretches to help you unwind.

This is a great opportunity to enjoy the outdoors and get some exercise at the same time.

Date and Time

Wednesday, September 25
5:30 - 6:45 pm

Instructor

Tatiana

No registration is required. For more information, please visit the Member Services Desk

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