

# Yoga in the Park (Revised for COVID)

Make the most of our summer weather – enjoy yoga in the park! There are so many benefits of yoga no matter how strong or flexible you are. Join certified instructor Kimberly LaBounty for a Vinyasa Flow class. Kimberly teaches to all levels and will adapt the class accordingly. You'll leave feeling stronger, calmer and more balanced! To learn more about Kimberly, visit [www.kimberlylabounty.yoga](http://www.kimberlylabounty.yoga). Bring some water and your yoga mat. Please wear comfortable clothing. This class will be held outside. In case of inclement weather, class will be canceled. There will be no access to indoor restrooms.

Ages: 13 and older (13-17 w/adult 21 and older)

Cortesi Veterans Memorial Park

FTN22-10 W 7-8 pm Jun 17-Jul 1 \$28 3 Classes

FTN22-11 W 7-8 pm Jul 8-Aug 5 \$47 5 Classes

[Click Here to Register Online](#)

