

Yoga & Tai Chi

By The Lake At Marshall Park

Ages 8 & Up

Every Wednesday

**(Inclement weather call Wellness at 821-6501 After 10:30 am)*

Tai Chi- 11:15 a.m. - 11:45 a.m.



Yoga- 12:00 p.m. - 1:15 p.m.



*With Sandra, Yoga Director from
Harbor Athletic Club*

NO CHARGE- Cash Donations Accepted For Local Food Pantry

Questions Contact Sandra at 831-6500



Open To The Public