

WOODBINE RECREATION COMMISSION

INVITES YOU TO PARTICIPATE IN FREE FALL YOGA CLASSES



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

WHEN: For September – 9/16, 9/23 & 9/30/2025;
For October – 10/7, 10/14, 10/21 & 10/28/2025;
For November – 11/4, 11/11 & 11/18/2025;
For December – 12/2, 12/9 & 12/16/2025

WHERE: Woodbine Community Center
(Located at 812 Longfellow Street)
TIME: 5:30 to 6:30 pm

Phyliss Schlegel, certified yoga teacher (KYT-500), will lead this class intended for Adults (18 or older) and suitable for beginner to intermediate students.
(Fee for non-Woodbine residents - \$5.00 per session)

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