

# **WOODBINE RECREATION COMMISSION**

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



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

***WHEN:*** For April – 4/1, 4/8, 4/15, 4/22 & 4/29/2025;  
For May – 5/6, 5/13, 5/20 & 5/27/2025

***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.

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