

WOODBINE RECREATION COMMISSION

INVITES YOU TO PARTICIPATE IN FREE WINTER YOGA CLASSES



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

WHEN: For January – 1/6, 1/13 & 1/20/2026;
For February – 2/3, 2/10, 2/17 & 2/24/2026;
For March – 3/3, 3/10, 3/17, 3/24 & 3/31/2026

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)

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