



Summer Yoga Classes

YOGA IN THE PARK

Classes will be held at Gilbert Willis Park (2199 Chickasaw, Wixom). Please bring a yoga mat and beach towel along with sunscreen or bug spray as needed. In the case of inclement weather, we will move to Zoom and you will be emailed a link.

HATHA – MONDAYS 6-7pm

May 3 - 24 (4 classes, \$32)

SLOW FLOW – MONDAYS 7:15-8:15pm

May 3 - 24 (4 classes, \$32)

YOGA VIA ZOOM

HATHA – THURSDAYS 6-7pm

May 6 - 27 (4 classes, \$30)

YIN – THURSDAYS 7:15-8:15pm

May 6 - 27 (4 classes, \$30)

Parks & Recreation

248-624-2850

www.wixomgov.org

YOGA AT THE COMMUNITY CENTER

HATHA – MONDAYS 6-7pm

A1. June 7 - 28 (4 classes, \$32)

B1. July 12 - 26 (3 classes, \$24)

C1. August 2 - 23 (4 classes, \$32)

SLOW FLOW – MONDAYS 7:15-8:15pm

A2. June 7 - 28 (4 classes, \$32)

B2. July 12 - 26 (3 classes, \$24)

C2. August 2 - 23 (4 classes, \$32)

HATHA – THURSDAYS 6-7pm

A3. June 10 - 24 (3 classes, \$24)

B3. July 8 - 29 (4 classes, \$32)

C3. August 5 - 26 (4 classes, \$32)

YIN - THURSDAYS 7:15-8:15pm

A4. June 10 - 24 (3 classes, \$24)

B4. July 8 - 29 (4 classes, \$32)

C4. August 5 - 26 (4 classes, \$32)

CLICK TO REGISTER