

# FREE! yoga in the park



## SEPTEMBER National Yoga Month

Connect with nature all month long and celebrate the health benefits of yoga with certified instructors.

*All skill levels welcome; bring a mat, towel, and water bottle.*

E. E. Robinson Park	Mondays	9/4 – 9/25	10:00am – 11:00am
DeShong Park	Mondays	9/4 – 9/25	4:00pm – 5:00pm
Club Drive Park	Mondays	9/4 – 9/25	5:30pm – 6:30pm
J. B. Williams Park	Tuesdays	9/5 – 9/26	8:00am – 9:00am
DeShong Park	Wednesdays	9/6 – 9/27	8:00am – 9:00am
Rabbit Hill Park	Wednesdays	9/6 – 9/27	10:00am – 11:00am
George Pierce Park	Wednesdays	9/6 – 9/27	6:30pm – 7:30pm
Little Mulberry Park	Saturdays	9/9 – 9/30	7:30am – 8:30am
J. B. Williams Park	Saturdays	9/9 – 9/30	8:00am – 9:00am
Lenora Park	Saturdays	9/9 – 9/30	8:00am – 9:00am
Peachtree Ridge Park	Saturdays	9/9 – 9/30	9:00am – 10:00am
Graves Park	Saturdays	9/9 – 9/30	10:00am – 11:00am
Bay Creek Park	Saturdays	9/9 – 9/30	10:30am – 11:30am

**770.822.3197 | [LiveHealthyGwinnett.com](http://LiveHealthyGwinnett.com)**

