

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.



J. B. Williams Park	Tuesdays	9/3 – 9/24	8:00am – 9:00am
Peachtree Ridge Park	Wednesdays	9/4 – 9/25	10:00am – 11:00am
Alexander Park	Fridays	9/6 – 9/27	9:30am – 10:30am
Rabbit Hill Park	Fridays	9/6 – 9/27	Noon – 1:00pm
Vines Park	Fridays	9/6 – 9/27	5:00pm – 6:00pm
Little Mulberry Park	Saturdays	9/7 – 9/28	7:30am – 8:30am
Bay Creek Park	Saturdays	9/7 – 9/28	9:00am – 10:00am
George Pierce Park	Saturdays	9/7 – 9/28	9:00am – 10:00am
Yellow River Park	Sundays	9/8 – 9/29	11:00am – noon

LiveHealthyGwinnett.com | 770.822.3197



endeavor
yoga + pilates

