

FITNESS PROGRAMS



SPOOKTACULAR MOON SALUTATIONS

Embracing the Spooktacular Art of Yoga

You're in for a treat! Join Yoga Instructor Emily for moon salutations to celebrate the week of Halloween. This class will have a spooktastic Vinyasa Flow and have a variety of balancing poses.

Meeting Time

Wednesday, Oct 30
8-9:15 am
Large Gym

Cost

Members: Free | Community: \$15
*No registration required!

Questions

Contact Emily Fischer, Fitness Director
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