

Fall Class Schedule

Sept. 6, 5:30-6:30pm -
Outdoor Yoga

Oct. 8, 8:30-9:30am -
Fall Fest Outdoor Yoga

Oct. 20, 5:30-6:30pm -
Sunset Yoga Hike

Nov. 10, 5:30-6:15pm -
Relaxing Yoga Flow

Nov. 22, 9:00-9:45am -
Energizing Vinyasa Flow

Dec. 21, 5:00-5:45pm -
Winter Solstice Yoga

ALL CLASSES ARE FREE OF CHARGE AND SUITABLE FOR ALL LEVELS OF YOGA EXPERIENCE, EVEN BEGINNERS. YOGA MATS ARE NOT PROVIDED. SPACE IS LIMITED FOR INDOOR CLASSES. PLEASE PRE-REGISTER BY CALLING 712-258-0838 OR EMAILING KSANDAGE@WOODBURY PARKS.ORG