

Mt. Zion Parks & Recreation

EARTH DAY YOGA



Join us for FREE beginner friendly evening yoga with instructor, Megan Schneiderjan!

Bring your water, a mat, comfy clothes, & whatever energy level you have!

*we have extra mats for borrowing, just reach out in advance to secure one!

Wednesday, April 22 | 5:30 - 6:30 pm

 Fletcher Park Amphitheater
323 Fletcher Park Blvd., Mt. Zion, IL 62549

**MARK YOUR CALENDAR FOR
FUTURE YOGA DATES:**

Sat., May 2 (10 - 11 am)
Weds., May 6 (5:30 - 6:30 pm)
Fri., May 8 (7 - 8 pm) *SUNSET Yoga
Weds., May 20 (5:30 - 6:30 pm)
Weds., June 3 (5:30 - 6:30 pm)
Weds., June 24 (5:30 - 6:30 pm)
Fri., June 26 (7 - 8 pm) *SUNSET Yoga

For questions, contact Tiffany:

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