FALL OUTDOOR YOGA SERIES

SEPT. 7 | OCT. 5 | NOV. 2
5:30–6:30 P.M. | CRAWFORD GREEN

Please bring a mat or a towel.

OPEN TO FACULTY, STAFF AND STUDENTS!

This class consists of Hatha yoga poses to increase physical strength, improve concentration and increase flexibility. Designed for all fitness and skill levels. Participants progress at their own pace. Great for stress management!

FOR MORE INFORMATION, CONTACT
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