



YOGA

This is the first year we are offering a FREE flow yoga session taught by local instructor Kerin Hehir right on Goat Island Park! In this one-hour class you will enjoy soft music along with movements that are tailored to all skill levels.

This yoga session will have you feeling ready to kick start your day off! With yoga starting at 7:00 AM it will leave you plenty of time to participate or cheer on the runners in Goat Islands 5K Race.

Make sure you bring a yoga mat and water bottle to stay hydrated!

Come outside and start the day off bright and early while being amongst nature. We can't wait to see you there!

GOAT ISLAND
GAMES

05.11.19