

YOGA

Cramerton Parks & Recreation

FREE YOGA

- **February:** Saturday the 9th
- **March:** Saturday the 2nd, 9th, 16th, 23rd
- **April:** Saturday the 20th, 27th
- **May:** Saturday the 11th, 18th, 25th

New Year, New Yoga! All classes will start at 8am and be held in the Cramerton Community Center – 1 Julian Street; Cramerton NC, 28032. Classes will be flow yoga and led by local instructor Kerin Hehir. All classes are 100% free you just need to bring your own water bottle and mat. And just in case you forget, we have a few extra mats and water fountain with your name on it! All skill levels are welcome and stay tuned for updates – as the weather gets warmer, we're moving yoga back outside and will post locations each week!