



eliminating racism  
empowering women  
**ywca**



# REVITALIZE! YOGA IN THE PARK 13TH STREET PLAZA

**Public Welcome!**

## Select Saturdays May–August 2018

Join the Marshalltown YMCA-YWCA and the 13th Street District for a fabulous community collaboration to offer: Yoga in the Park! Come refresh, relax and revitalize your Saturday morning for a beginner-friendly to intermediate-level yoga class taught by rotating Marshalltown YMCA-YWCA. Certified Yoga Fit ® and Group Fitness Instructors! Check Facebook event post for instructor of the week. Instructors will be present at 7:45a.m. to answer any questions.

- May 19th
- June 2nd & 16th
- July 14th & 28th
- August 11th & 25th

**WHEN:** Saturday Mornings (Dates listed above)  
**TIME:** 8:00–9:00 a.m.  
**LOCATION:** 13TH STREET PLAZA  
In front of 'Echo' Sculpture on 13th St.  
Marshalltown, Iowa  
**CONTACT:** Heidi Draisey 641.752.8658 ext.222

**No cost to participate;** recommended materials to bring:

\*Mat; some mats will be available on a first-come, first-served basis. Please bring your own water and strap or block, if you wish.

\*Open to ages 14 years+, ages 10–13 years can participate with a guardian. Please do not bring younger children or pets. Thank you for being courteous of fellow participants. Enjoy your practice time!

\*In case of inclement weather, please call the Y at 641.752.8658 anytime after 7:15a.m.