



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEACH YOGA CLASSES

**ISLAND BEACH, THE BOULEVARD
MOUNTAIN LAKES**

In conjunction with the Mountain Lakes Recreation Department, join us for our “famous” summer beach yoga class at Island Beach! Classes begin the week of June 27 and end August 26.

NO CLASS JULY 4TH OR LABOR DAY WEEKEND

Mondays 7:00–8:00 am

Instructor: Cara

Tuesdays 7:00–8:00am

Instructor: Ivette

Thursdays 7:00–8:00am

Instructor: Sue

CONTACT

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LAKELAND HILLS FAMILYMCA

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