

Virtual Group Exercise Classes

August 2020



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Yoga w/
Ashley
Steele:
5:05 pm
to
6:00 pm

Yoga w/
Tai
Yasuda:
5:05 pm
to
6:00 pm

Yoga w/
Ashley
Steele:
5:05 pm
to
6:00 pm

All group exercise classes will be held through Zoom. Class links will be distributed through Facebook and the Daily News the day of class. Please follow us on Facebook [HERE](#), so you don't miss out on upcoming classes!

