



YOGA IN THE PARK

Botanical Gardens at Silver Springs

Come join us Tuesdays from 6:30-7:30pm at the Botanical Gardens at Silver Springs for a FREE yoga session outdoors with our certified yoga instructors. Enjoy the sun and warmth while enjoying a fun and relaxing, yet challenging, yoga class. Registration not required and everyone is welcome to join!

Starts June 18, 2019 and runs until August 27, 2019.

Building healthy communities

Tuesdays

6:30-7:30pm

Starts June 18



ymcocalgary.org