

YOGA HAPPY HOUR

WEDNESDAY EVENINGS

MARCH 27TH-APRIL 24TH

5:00PM-6:00PM

MONMOUTH COUNTRY CLUB



Don't miss out on this fun 5 week beginner yoga class!

This class is designed as an introduction to the practice of yoga. Class is slower paced, and focuses on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment.

Y members can register at the Warren County YMCA or at warrencountnymca.org.



Monmouth Country Club members can register at the event or via email to Staci at staci@warrencountnymca.org