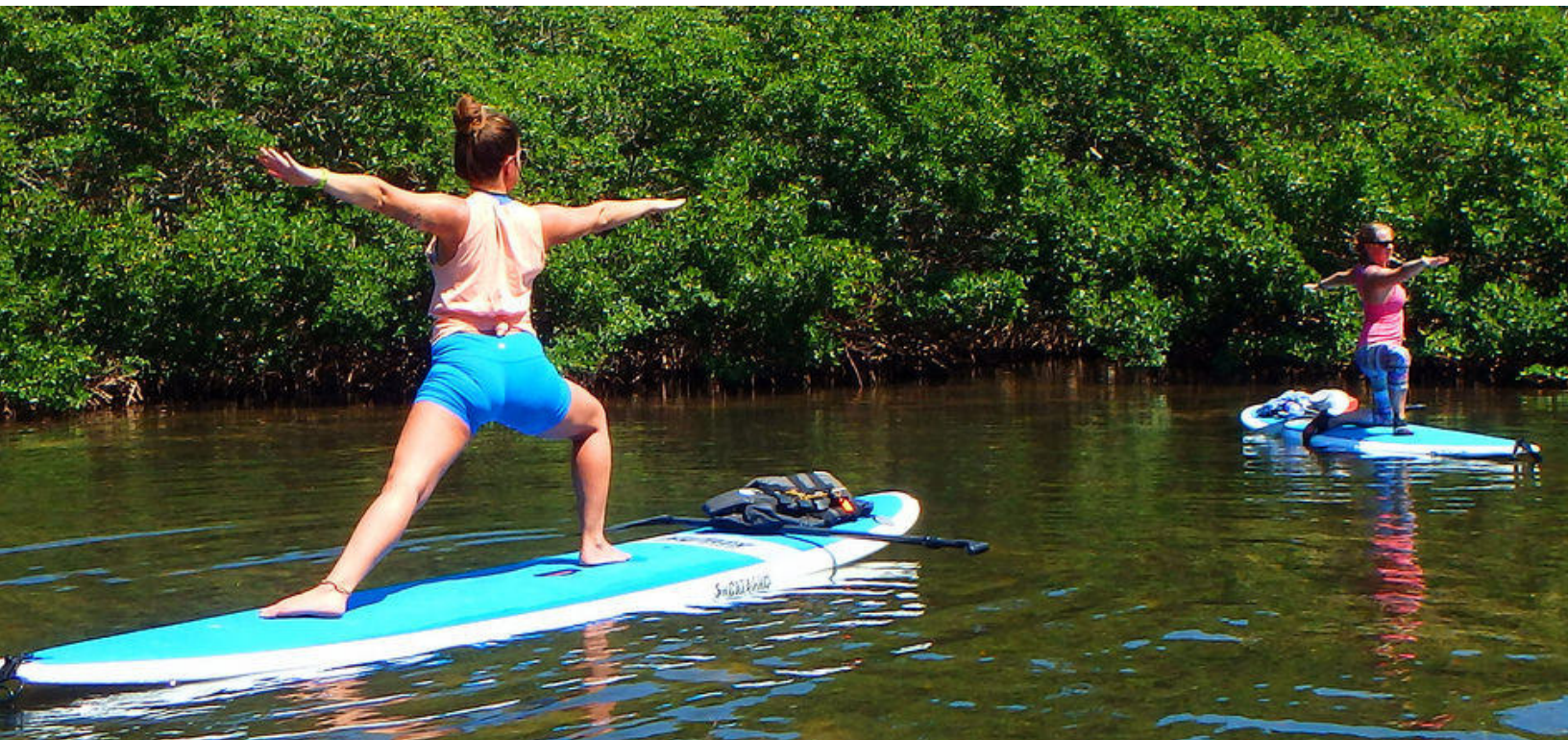


# STANDUP PADDLEBOARD *Yoga*



## AGES 15+

Delivers a full-body workout and has become a popular cross-training activity. Appropriate for all skill levels (beginner to advanced) in both yoga and paddleboard use.

## SATURDAYS

9:30-11AM

## SUNDAYS

5-6:30PM

## TUESDAYS

5-6:30PM

See our website for dates

## \$20R/\$25NR

Per class.

Prices include board and life vest rental.

No personal watercraft are allowed. Classes held at Waneka Lake Park at 1600 Caria Drive.

Spaces are limited. Book your board at the Recreation Center or online at [www.cityoflafayette.com/recreation](http://www.cityoflafayette.com/recreation).

