

GEHC Classes

September through October

Afternoon Yoga

activity code EHC47303 • \$40/person*

Thursdays • 1:00pm – 1:45pm

Join us to reboot your body and mind by aligning breathing, mindfulness, and motion. It's all about making connections. Connect with beautiful spaces, new friends, and with yourself.

Core and More

activity code EHC47301 • \$40/person*

Tuesdays • 4:30pm – 5:30pm

Bolster your body and relax your mind while working out surrounded by the tranquility of nature and discover the abundant benefits a powerful core can provide.

Yoga Hike

activity code EHC47308 • \$40/person*

Tuesdays • 6:30pm – 7:30pm

Engage with wildlife on this brisk trek through the Ivy Creek woods. Stop along the way to unite your mind and body with the environment as you practice sets of breathing, stretching, and postures.

Yoga in the Forest

activity code EHC47302 • \$40/person*

Thursdays • 7:00pm – 8:00pm

Surrounded by the beauty and tranquility of a natural forest engage your mind and body through gentle stretches and soothing motions. This class meets the needs of both beginners and advanced students.

Backyard Gardening

activity code EHC46702 • \$60/person*

Tuesdays • 6:30pm – 7:30pm

Join Paul and Betsy Priest from Shady Grove Farmstead to learn about philosophies of growing, soil health, composting, extending the growing season, organic pest control, tools, and preparing the winter garden. Any skill level, there is something for everyone in this class.

Nature 101

activity code EHC44602 • \$40/person*

Thursdays • 6:30pm – 7:30pm

Enjoy hiking and all things nature? Learn to identify native trees, recognize birds by their calls, and discover what makes North Georgia's geology unique through classroom discussions and nature hikes.

Beginner Naturalist

activity code EHC46701 • \$60/person*

Tuesdays • 6:30pm – 7:30pm

Discover the amazing environment that surrounds you! A GEHC master naturalist will introduce you to the flora, fauna, and ecology of Gwinnett.

Ages
18 years – up



Gwinnett
Environmental &
Heritage Center

2020 Clean Water Drive, Buford
770.904.3500 • www.gwinnettEHC.com



*Higher non-Gwinnett resident fees apply.