

Free!

gwinnettcounty parks & recreation

Yoga in the Park

September is **National Yoga Month!**

Connect with nature and celebrate your health with instructors from **Ebb & Flow Yoga Studio** and **Yoga in Daily Life-Buford** in the parks!

All skill levels welcome; bring a mat, towel and water bottle.

Vines Park

Sunrise Yoga in the Park

3500 Oak Grove Rd., Loganville

Sundays • 7:00am - 8:00am

September 3, 10, 17 & 24

Activity Code:VIP47301

George Pierce Park

Evening Yoga in the Park

55 Buford Hwy., Suwanee

Wednesdays • 6:30pm - 7:30pm

September 6, 13, 20 & 27

Activity Code: GPP47302

Little Mulberry Park

Morning Yoga in the Park

3800 Hog Mountain Rd., Dacula

Saturdays • 7:30am - 8:30am

September 9, 16, 23 & 30

Activity Code: LMP47304

Tribble Mill Park

Evening Yoga Night Hike

2125 Tribble Mill Pwy., Lawrenceville

Fridays • 6:00pm - 7:00pm

September 8, 15, 22 & 29

Activity Code:TMP47303



Register Today!

www.gwinnettparks.com

770.822.3197

