

Aqua Yoga

Yoga is an exercise that unites the mind, body, and spirit through the use of meditation and stretching to build strength and create balance in the body.

Attendees must supply their own water shoes.

Wednesdays @ 5:30pm
Winter Springs Therapy Pool
\$5.00 per class



Starting November 8th!

**Class to be instructed by Debbie McGee, RYT
(615) 579-7435**

For more information contact Melissa Sileo, Recreation Programs & Community Events Coordinator msileo@winterspringsfl.org