



Pop-Up Yoga: The Joy of Summer



Enjoy 90 minutes of sunshine, good vibes and yoga with the best summer tunes.

Join us for a 90-minute yoga session and sweat and stretch to the classic sounds of modern rock, from The Beach Boys to The Drifters and more. Be prepared to smile, sweat and chill out while providing your body with all of the benefits yoga has to offer. This is a multi-level class that will focus on flexibility, balance and strength. Some yoga experience is recommended, but not required.

For more information, please contact Amy Rosales at 847.535.7632 or visit the Member Services Desk.

Date and Time

Saturday, June 15
1:00-2:30 pm

Instructor

Liza

Location

Banquet room

Northwestern Medicine
Lake Forest Health & Fitness Center
1200 North Westmoreland Road
Lake Forest, Illinois 60045
847.535.7064

lakeforesthfc.com

