

Free!

Yoga in the Park



September is National Yoga Month!

Connect with nature all month long and celebrate the health benefits of yoga with certified instructors.

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

Sundays

7:00am – 8:00am

Vines Park

3500 Oak Grove Road
Loganville

Tuesdays

7:00pm – 8:00pm

Alexander Park

800 Old Snellville Highway
Lawrenceville

Ronald Regan Park

September 3 & 17 ONLY
2777 Five Forks-Trickum Road
Lawrenceville

Wednesdays

Toddler & Me

Ages 5 – under with adult

10:00am – 11:00am

McDaniel Farm Park

3020 McDaniel Road
Duluth

Thursdays

7:00am – 8:00am

and

7:00pm – 8:00pm

Simpsonwood Park

4511 Jones Bridge Circle
Peachtree Corners

Saturdays

7:00am – 8:00am

Freeman's Mill Park

1401 Alcovy Road
Lawrenceville

7:30am – 8:30am

Little Mulberry Park

3800 Hog Mountain Road
Dacula

10:30am – 11:30am

Gwinnett Historic Courthouse

185 Crogan Street, Lawrenceville
September 28 ONLY



LiveHealthyGwinnett.com

770.822.3197

