



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME A ROCKSTAR ON YOUR MAT

CELEBRATE 1,000 ROCKIN' HOURS OF TEACHING
May 14th 6:15-7:30 PM
Advanced Level Vinyasa Flow
IRONWORKS BRANCH

Practice with Heidi as she celebrates her 1,000th hour of teaching. Music will be rock and pop from the 70's and 80's. Singing & dancing are encouraged!

This will be an Advanced Level Heated Vinyasa Flow (not for beginners).

This is a free event, but **registration is required**. Sign up through our Stateline Family YMCA app, online or at the front desk to save your spot in this fun one-time event!

Members: FREE

