

DUNBAR COMMUNITY CENTER



FREE YOGA CLASS

DECOMPRESS SESSION

Start yoga training with expert yoga instructor
Denessea Nemetz.
Beginning January 17th

***EVERY
WEDNESDAY
11AM-NOON***

***EVERY
FRIDAY
10AM-11AM***

**BRING YOUR OWN MAT AND WEAR COMFORTABLE CLOTHING.
LIGHT REFRESHMENTS WILL BE SERVED. RSVP REQUIRED. AGES 18+**



859-288-2900
545 N. Upper St.
Lexingtonky.gov/dunbar



LEXINGTON
Parks & Recreation