Community Yoga at SSGC

Join us for a mixed level Hatha yoga class

Tuesday 9-10am Tremont Ballroom Dance Floor

Brighten your mood, relax your mind and feel great. Start your New Year with a little peace and calm! No experience needed all levels welcome.

$10 per class drop-in NO REGISTRATION NEEDED just show up when it works for you.

Carrie Kroening Instructor 200hr ITY

Contact Carrie via text with questions 414-526-0298

