

GET FIT WICHITA

# YOGA in the PARK

saturday, july 16 | 9:30-10:30am

north riverside park  
near the assembly area (720 nims)

Stretch and breathe in the cool grass during the second event of the **GET FIT WICHITA** series.

Bring a mat or towel (leave dogs at home) and practice yoga postures with instructors from Wichita Park & Recreation and Genesis Health Clubs. Water provided.

