

FREE YOGA

Monday, February 17, 2025 | 9:30-10:30 am



Stretch, strengthen, and de-stress with Ashley in a free yoga class on President's Day.

All skill levels welcome—no experience necessary. Yoga mats and props will be provided. Arrive 10 minutes early to set-up and discuss injuries.



Location: Gaffney Fitness Center, Aerobics Room
Fitness Coordinator: Sylvia Garcia 301-677-2349/3716
Instructor: Ashley Stuart @ashleystuartyoga