

Yoga at the Pioneer Valley Yacht Club



1 hour Beginner/Intermediate Yoga classes
Offered by the Social Committee

Taught by Certified Yoga Instructor
Sheri Knight

Gratitude Yoga

Mondays 3:30

June 7, 14, 21, 28. July 5, 12, 19, 26.

Wednesdays 5:30

June 9, 16, 23, 30. July 7, 14, 21, 28.

On the Lawn in front of the Club House
to reserve a spot - Space is limited - email
sheri_knight@me.com