



SUNDAY MORNING YOGA WITH THE YMCA & ATHLETA



October 1, 2023 at 10:00am

8285 Jericho Tpke (Woodbury Commons)

516.692.0890

featuring the YMCA's own Yoga
Instructor **Coleen DeLorenzo**

Please bring a mat, a towel, and water!

For more info:



Each participant will receive a
20% off coupon to shop
after the event!



ATHLETA