



FREE OUTDOOR YOGA

Sponsored by the W-R Mayor & Council and the W-R Recreation Commission

Continues through November!

Sunday Mornings with Anna

8-9 AM

14th Street Field

Please bring your own yoga mat, wear comfortable clothing, refrain from eating 2 hours before class, bring water, and as always, please get the okay from your physician before beginning any new exercise program. We encourage everyone to wear a mask while entering and exiting the field however, masks may be removed once yoga starts. All mats should be placed at least 6 feet apart to support social distancing requirements. Please remember for the safety of others, if you don't feel well, stay home.

**In the event of inclement weather, yoga will be cancelled.
Please check back for updates.**

