



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAXING YOUR BODY AND MIND

Water Yoga
SEQUOIA YMCA

Sundays, 12:00 – 1:00 pm
with Mary Kay

JUNE

3 and 17

JULY

1 and 29

AUGUST

12 and 26

SEPTEMBER

2 and 16

OCTOBER

To be determined

NOVEMBER

4 and 18

DECEMBER

2 and 16



SEQUOIA YMCA

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