

# Yoga

## *on the Lawn*

**Tuesday | May 6 | 5-6 PM**

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Join a certified yoga instructor for one hour of invigorating yoga on the tranquil grassy area between Airdales and the commissary



**Sign Up at the Fitness Center!**  
Ages 18 and up



Call the Fitness Center for more information: 850-623-7412  
Visit us on the web: [NAVYMWRWhitingField.com](http://NAVYMWRWhitingField.com)

