



DUNELAND FAMILY YMCA & CHESTERTON
PARKS DEPARTMENT PRESENT

Transformation Tuesdays

At Coffee Creek Watershed Preserve

EVERY TUESDAY THROUGH OCTOBER
12 PM - 1 PM

Join our instructor-led gentle stretch followed by a 30 min. learning session while you eat your sack lunch (bring your own). Topics will include benefits of gentle stretch & yoga, meal prepping, nutrition, and much more! This all-levels class will have you feeling refreshed, stretched, and a little more connected to nature.

Bring a Yoga mat or towel, water bottle, and sack lunch. Questions? Contact Ashley at alafata@dunelandymca.org 219-926-4204.