



## My Healthy Northport Presents the Much Anticipated Summer Wellness Series

Click the Links for Schedules, Cost, and Register for Classes TODAY!!!

**Monday Morning Energizing Vinyasa**- Northport Park 9am to 10am.

<https://www.eventbrite.com/e/158724550403>

**Tuesday Evening Beginner Paddleboard Yoga**- Scudder Park 6:30pm to 7:30 pm.

<https://www.eventbrite.com/e/158728564409>

**Thursday Evening Beginner Paddleboard Yoga**- Scudder Park 6:30pm to 7:30pm.

<https://www.eventbrite.com/e/158730789063>

**Friday Live Music and Sunset Yoga**- Northport Park 5:30pm to 6:30pm.

<https://www.eventbrite.com/e/158732758955>

**Sunday HIIT with Revolution Fitness** – Northport Park 8am to 9:15am.

<https://www.eventbrite.com/e/158750536127>

**Sunday Kickboxing with Revolution Fitness**- Northport Park 9:30am to 10:30am.

<https://www.eventbrite.com/e/158752911231>

**Wednesday Morning Adult Yoga** – Northport Park 7am to 8am.

<https://www.eventbrite.com/e/159447246005>

**Wednesday Morning Mini & Me Yoga** – Northport Park 9am to 9:45am.

<https://www.eventbrite.com/e/159460826625>

**Wednesday Morning Teen Yoga** – Northport Park 10am to 11 am.

<https://www.eventbrite.com/e/159466497587>

**Wednesday Afternoon Kids Yoga** – Northport Park 4pm to 5pm.

<https://www.eventbrite.com/e/159467935889>