



# International Day of Yoga

Tuesday, June 21  
6 - 7:15 pm  
Outdoor Fitness Platform  
FREE event

Join us as we celebrate the practice of Yoga on Summer Solstice around the globe. We encourage participants to bring their own yoga mats. The Fitness Center will supply a limited number of mats on a first come first serve basis.

Registration and waivers are required to participate, which can be done on-site prior to the start of the event, so please arrive early. The event will take place outdoors, weather permitting. Reserve your spot in advance by going online at [bgfitness.org](http://bgfitness.org) and clicking on Group Exercise Reservations. Age: 10 years and up

