



SMALL TOWN, BIG BEACH™

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City of Gulf Shores hosts Summer Yoga Series at Gulf Place Town Green and Public Beach

Gulf Shores, Ala – May 20, 2019 – The Gulf Shores Recreation Department is excited to announce a new fitness series, Summer Yoga, coming to Gulf Place Town Green and Public Beach. Class dates will be on the last Friday of the months of May through August: May 31, June 28, July 26 and August 30.

Locals and visitors are invited to attend this FREE outdoor yoga class with Instructor Adwiti Haffner. Participants do not have to be a member of the Recreation and Fitness Centers to attend.

“After a great turnout at Full Moon Yoga in April, we decide to expand on this fitness opportunity and offer a Summer Yoga Series for our residents and visitors” Recreation Manager Nicole Ard said. “This is a great opportunity for our members and non-members to try out a new class in a relaxed environment for free, while enjoying the outdoor breeze and a beautiful view at Gulf Place. Everyone is encouraged to bring a friend and come join us!”

Participants are encouraged to bring a picnic and stay after class to watch the moon rise.

For more information about the Summer Yoga Series, contact the Gulf Shores Recreation Department at 251-968-9824 or visit www.gulfshoresal.gov/yoga.

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