



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR MIND, BODY, AND SPIRIT AT THE KNOLL ON ELL POND

JUNE 19 - AUGUST 27

In partnership with the City of Melrose Health Department/Mass in Motion

***Please Note:** We meet on the grassy area behind the Knoll and Dog Park in Melrose. No registration is required, these are drop-in classes. In the case of inclement weather classes will be canceled.

Wudang Tai Chi & Qigong

Tuesdays 6:00pm | FREE to the community

This class is flowing and dynamic and utilizes both the external body and one's inner energy. All levels welcome.



Yoga Flow

Thursdays 6:00pm | FREE to the community

A Vinyasa style of Yoga based on Hatha Yoga tradition. This class involves linking traditional Yoga poses together to create strength, flexibility, endurance and balance. This well-rounded class is safe and effective for most levels of fitness and ability levels. Please bring your own mat.

