

FITNESS ON THE PRAIRIE at St. Joseph's Hospital

Presented by Kettle Moraine YMCA



Yoga on the Prairie

Saturday mornings, June 5 – July 31, 8:00 – 9:00 am (no class July 3)

Certified hatha yoga instructors from the Kettle Moraine YMCA will provide complimentary 60-minute yoga classes on the Garden Patio at St. Joseph's Hospital, weather permitting.

No reservations are required; just bring a yoga mat and wear comfortable clothing.

Mix It Up on the Prairie

Monday evenings, June 7 – July 26, 5:30 – 6:30 pm (no class July 5)

A certified YMCA, USA fitness instructor will Mix It Up every Monday from kick boxing to dance, to floor aerobics and much more.

No reservations are required. For more information, call 262-334-8584.



St. Joseph's
HOSPITAL

Froedtert & Community Health