

# Riverfront Yoga

July's Fitness in the Park

**Saturday Mornings  
in July**

**Time: 8:00-9:00 am**

**Location:**

**Downtown Riverfront**



Start your Saturday morning off with yoga and the Mississippi River.

Come and enjoy an energized yoga flow with a scenic backdrop. No experience required.

Yoga is a personal journey and a judgment free zone - every body is different, so as always do what you can.

Classes will be held outside at the Riverfront steps near the flood gates at Water St and Broadway St. Please bring a towel, a mat, and most importantly water. Mats will be provided if needed.

**Fees: \$3.50 per Class**

**Reserve your spot by e-mailing: [cpaige@cityofcape.org](mailto:cpaige@cityofcape.org)**

*\*Optional Registration, Drop in's are always welcome!*

Full Group Fitness Schedule: [www.cityofcape.org/fitness](http://www.cityofcape.org/fitness)

*For more information:*

Contact Christine Paige, Fitness & Wellness Coordinator #573-339-6604



**CITY of CAPE GIRARDEAU**  
PARKS & RECREATION DEPARTMENT

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