

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

Y Summer Solstice at Goodell Gardens

The County Y is now offering holistic classes for Y members and non-members at beautiful Goodell Gardens, 221 Waterford Street, in Edinboro. Led by certified instructors, classes in meditation, yoga and pilates are offered for beginners and more advanced practioners. Classes held indoors and outdoors. Bring a yoga mat or blanket. Programs run through October, weather cooperating. Free for Y members; non-member participant fee is \$5/class. Sign-up at the County Y by calling (814) 734-5700.



Sundays Pilates 11 a.m.

Instructed by: Michele Curtze

Wednesdays Yoga 11 a.m.

Instructed by: Mary Dougan

Fridays Yoga 11 a.m.

Instructed by: Mary Dougan



YMCA

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www.ymcaerie.org