

# 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 August. 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: Michelee Curtze*

**Tuesdays . . . . Meditation . . . . 10 a.m.**

*Instructed by: Jean Fera*

**Tuesdays. . . . Interactive Music . . . . 11 a.m.**

*Instructed by: Lori Burke*

**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](http://www.ymcaerie.org)