

Power Flow Yoga At Park 596

The Chicago Park District will conduct Power Flow Yoga at Park No. 596, 4830 S. Western on Wednesday, May 7th from 7 to 7:45 p.m.

This is a vinyasa style yoga class to increase flexibility and strength. All fitness levels are welcome.

A limited supply of yoga mats are available. Everyone is encouraged to bring their own mats. Registration is encouraged, but not required at chicagoparkdistrict.com.