



Summer Wellness at Herrington

Water Fitness

- June 4th - August 31st at the Pool
- Every Wednesday, Saturday, Sunday
- 9:30 am - 10:15 am
- Purchase a \$40 punch card for six classes, or drop-in for \$12/class
- **Contact Candace Gunn: 301.503.8050 • wellnesswithcandace@gmail.com**

Beach Zumba for All

- June 6th - September 26th in the Beach Pavilion
- Every Monday 6:30 pm - 7:15 pm
- Purchase a \$40 punch card for six classes, or drop-in for \$12/class
- **Contact Candace Gunn: 301.503.8050 • wellnesswithcandace@gmail.com**

Yoga by the Beach

- Classes begin June 4th in the Beach Pavilion
- Every Saturday 8:30 am - 9:30 am
- **Sign up at www.thecommunitymat.com (\$13/class)**

Sound Healing

- Classes are every Thursday beginning June 30th; 6:00 pm - 7:15 PM
- Sign up at **soul-spark.weebly.com/bookings**



EXERCISE SUMMER FITNESS

(pre-registration is NOT required)