

HAYDEN FERRY LAKESIDE

Remote Movement Program

ONLINE YOGA AND MOBILITY CLASSES



FREE FITNESS
PROGRAM

Live Zoom Classes

Mon/Wed/Fri @ 9:00am

Tue/Thu @ 12:00 pm

Free online classes currently available! Just click on the class link below:

- [Flow_with_Karl](#)
- [CARs_with_Karl](#)

Daily Class: <https://us04web.zoom.us/j/2503810880>

Join us for our live mobility and yoga classes daily by clicking the link above. These classes are intended to support you as you navigate a new lifestyle, manage stress, and find time to take care of your needs.

Are these class times accessible to you?

[Drop us some feedback at: fitnesslakeside@gmail.com](mailto:fitnesslakeside@gmail.com)