



FIND YOUR MIND, BODY AND SPIRIT AT COLBY PARK

In partnership with Mass in Motion and the Melrose Department of Recreation.

OUTDOOR CLASSES JULY 7th – SEPTEMBER 10th

Yoga Flow

Tuesday 6:30pm | FREE for Community Members

A Vinyasa style of Yoga based on Hatha Yoga tradition. This class involves linking traditional Yoga poses together to create strength, flexibility, endurance and balance. This well-rounded class is safe and effective for most levels of fitness and ability levels.



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Tai Chi

Thursday 6:30pm | FREE for Community Members

This Wudang and Qigong class is flowing and dynamic and utilizes both the external body and one's inner energy. All levels welcome.



Please register in advance online, as space is limited. Colby Park is located at the corner of Lynn Fells Parkway and Larchmont Road. Parking is available on Lincoln Street or Larchmont Road.