

Hempfield recCenter to Offer FREE Yoga in Local Parks

In its commitment to promote fitness and wellness within the community, Hempfield recCenter, 950 Church Street in Landisville, is happy to announce a series of FREE wellness opportunities in two area parks.

Beginning Saturday, June 13, at 9:00 am and continuing on July 11 and August 8, Amos Herr Park in East Hempfield Township will be the setting for FREE Yoga in the Park classes. Participants are asked to bring their own mat or towel and water.

On June 27, July 25 and August 22, the classes and times remain the same but the setting changes as we move to beautiful Silver Spring Park in West Hempfield Township. Participants are again asked to bring their own mat or towel and water.

Each one-hour-long class is open to everyone in the community and will include yoga poses along with breathing and relaxation exercises to cultivate a calm mind while increasing strength and flexibility.

In the event of inclement weather, classes will be canceled. Please check the cancellations/closing link on Hempfield recCenter's website when in doubt.