



**SUMMER 2017**

**EVERGREEN LAKE**  
**Stand Up Paddleboard Calendar**

Questions? Contact: Susan Wescott Fitness Specialist 720.880.1112

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>7:30-8:30AM SUP Yoga REN</b>	
	<b>9:00-10:00AM SUP Yoga REN</b>		<b>9:00-10:00AM SUP Yoga REN</b>	<b>9:00-10:00AM SUP Yoga for every"body"! MELISSA</b>		

**SUP Class Prices**

SUP Drop-in \$16  
 SUP 5 Punch Card \$75

Youth 13-15 years of age are permitted to attend Stand Up Paddle Board Classes ONLY if a paid adult over 18 attends the class with them.

**PLEASE NOTE:**

5-Punch cards are available for purchase for \$75 at Buchanan Park and Wulf Recreation Centers, which allows participants to **call** Buchanan Park Recreation Center 720.880.1110 at 7 PM the night prior to class to **reserve a board**.

**You may drop in the day of class and pay at the boathouse if space/boards are available ~**

**Stand Up Paddleboard Yoga**

Paddle around scenic Evergreen Lake. The instructor will lead you to a perfect spot to move through a yoga practice. Great for building balance, coordination, and strength. Enjoy a guided meditation at the end of class. Beginner to Advanced yogis and paddlers welcome!

**SUP Yoga for every"body"**

Come one, come all for this SUP Yoga class. Come enjoy the ancient practice of yoga combined with stand up paddle boarding. Yoga on a stand up paddle board will invigorate you and push you to become better at yoga while you enjoy floating on the water! All levels welcome.

**Questions: Call Susan Wescott, Fitness Specialist (720) 880-1112**