

YOGA

WEDNESDAYS

12:30 - 1:30

ALL SEMESTER BEGINNING AUGUST 21

Bring your mat and join us Wednesdays starting August 21st through December (date to be determined). This workshop will be YouTube led and is brought to you by the partnership between RCC Wellness and Get Fit Rockingham.

Be sure to sign in as this will be a stamp initiative (earn one stamp per month for participating).



WSC ACTIVITY ROOM
Downstairs in the Whitcomb Student Center
studentlife@rockinghamcc.edu

FREE!