

**Mattapoisett YMCA
Yoga Schedule**

Monday

Yoga w/ Deb
6:30-7:30PM

Thursday

Yoga w/ Deb
6:30-7:45



Mattapoisett YMCA
A Division of YMCA Southcoast
38 Reservation Road | Mattapoisett, MA 02739 | 508.758.4203
www.ymcasouthcoast.org