



YOGA

SHAPE UP NYC
LED BY AMBEKA | TENNIS HOUSE

6:15 PM | MONDAYS



OPEN RUN NYC

NYC ROAD RUNNERS | TENNIS HOUSE

9:00 AM | SATURDAYS

AUG
5

MACBETH

SHAKESPEARE IN THE PARK | HIP TO HIP THEATRE | BIG HILL

7:30 PM



AUG
19

PETER AND THE WOLF

QUEENS COLLEGE SCHOOL OF ARTS | JOHN GOLDEN FIELDS

11:00 AM



AUG
29

PINOCCHIO AND GEPPETTO

NYC PARKS & CITY PARKS FOUNDATION | LOCATION IS TBD

11:00 AM



SEP
5

STROLLER STRIDES

FIT4MOM | TENNIS HOUSE

9:30 AM



YOGA CENTERING SERIES*

FRIENDS OF CROCHERON & JOHN GOLDEN PARK
LED BY AMBEKA | JOHN GOLDEN PICNIC AREA

* REGISTRATION REQUIRED



SEPT
12

JOURNALING & COMMUNITY PICNIC

9:30 AM - 11:00 AM

YOGA, JOURNALING FOLLOWED BY
11 AM BYOB - BRUNCH

SEPT
26

MUSIC & MOVEMENT

9:30 AM - 11:00 AM

CLASS LED TO LIVE MUSIC BY
GUITARIST RON MUGA

OCT
3

NATURE'S PALETTE, YOGA & MANDALAS

9:30 AM - 11:00 AM

YOGA FOLLOWED BY MEDITATIVE
WALK INTERACTING WITH NATURE

OCT
17

ROOTED IN GRATITUDE

9:30 AM - 11:00 AM

YOGA FOLLOWED BY
GRATITUDE WRITING

OCT
31

YOGA AND NATURE WALK

9:30 AM - 11:00 AM

YOGA FOLLOWED BY NATURE WALK
W/ JOHN WEIR, CHURCH IN THE WILD