

Outdoor Yoga & Zip Line Tree Top Adventure

At Stony Creek Metropark, Sunday Aug. 5th



Updog Yoga and Go Ape invite you to join us for a 45-minute beginners yoga class followed by traversing Go Ape's Treetop Adventure course on **August 5, 2018!** Classes start at **9:00AM, 10:00AM, and 11:00AM.** **\$55 per person. Water and snacks included!**

BOOK AT GOAPE.COM
OR CALL 1-800-971-8271

Stony Creek Metropark
4300 Main Park Dr. Washington, MI 48316

Event held only at Stony Creek Metropark. See our website for course info and participation details.



Sunday, August 5th
9AM, 10AM or 11AM

Call Go Ape direct to pre-register and reserve a spot
Space is limited: 800-971-8271

Enjoy a Yoga warm-up and light stretch to prepare you for your Tree Top Adventure! Way more than just zip lines, Go Ape is a 2-3-hour journey through the forest canopy as you take on suspended obstacles, Tarzan swings and breathtaking zip lines – all with an incredible view. You've got to try this!

Three class times to choose from on Sunday, August 5th:
9:00AM, 10:00AM and 11:00AM
All instruction, equipment, water and snacks included

Visit the Go Ape website for course info and participation details:
<https://goape.com/locations/michigan/washington-township>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
Named "Best Yoga Studio In Metro-Detroit by WDIV ClickonDetroit.com"