

Weekly Gotta Run Group

Followed by Long, Slow, Deep Yoga



Planning on starting or recommitting to running?

Looking for a supportive, welcoming group to run with?

Gotta Yoga Lake Norman hosts this **Weekly Group Run** from our Cornelius studio. This group is ideal for folks just starting a running or run/walk program, as well as seasoned runners seeking motivation from a group run. After a 30 to 45 minute run at a relaxed pace, please stay and join us for Long, Slow, Deep Yoga. Long, Slow, Deep is ideal for stretching muscles and connective tissues that can become tight or sore from running, such as hamstrings, hips, and back, and can increase relaxation and improve muscle recovery.



Weekly Group Run
Sunday mornings | 10:30 am Group Run
11:30 am Long, Slow, Deep Yoga Class
run is free; regular class pass applies for L,S,D class

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