



STAND UP PADDLEBOARD (SUP) YOGA



Lone Star Lakes Park

Shane Lake, 401 Kings Highway, Suffolk, VA 22432

End of
the
season

SALE

\$45/class

PRICING

4 session package \$240
Private lessons \$90/hour
Group lessons \$260/hour

Paddle Board, life jacket and
accessories included

Beginner Level Classes
First classes are designed to provide
introduction to SUP, safety, beginner
basics and SUP Yoga

We recommend wearing
flexible clothing and
bringing water, towel and
sunblock.
You may get wet during SUP
Yoga.

The following are required In order to participate:

Participant must have a signed waiver and release on file. Social distancing guidelines must be followed. Participants must wear a mask upon check-in. Screening will take place before each session. Equipment will be sanitized between uses. Classes are weather dependent.

Limited slots available; registration required. To register visit: <http://Nuleeu.com/Suffolk>
For more information contact Nakiesha Bridgers at 757-514-4518