

Art & Fitness Programs

at Lake Johnson Park



Advanced registration is required for all programs. Register online at reclink.raleighnc.gov with keyword: Johnson

Sustainability in Art

Age 14+ Join us for this conservation and sustainability focused art series. On the first Wednesday evening of each month we will be crafting a new project suitable for gift giving or sprucing up your own home. We will cover a broad range of topics from spotting and utilizing invasive plants or giving household scraps new life.

Participants under 16 must be registered with an adult.

Fee: \$8

Location: TGC Woodland Center

Dates & Times:

Wednesday May 5 6 - 8pm
Theme: Upcycled Glassware Candles

Wednesday June 2 6 - 8pm
Theme: Pine Basket Making

Wednesday July 7 6 - 8pm
Theme: Fabric Beach Bag

Wednesday August 4 6 - 8pm
Theme: Bottle Cap Wind Chimes



Stand-Up Paddleboard Yoga

Ages: 16+ SUP Yoga courses will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Yoga and/or SUP experience required.

Instructor: Angel Bailey

Fee: \$15

Location: Waterfront Center

Dates & Times:

Monday	June 7	6:30 - 7:30pm
Monday	June 21	6:30 - 7:30pm
Monday	July 5	6:30 - 7:30pm
Monday	July 19	6:30 - 7:30pm
Monday	August 2	6:30 - 7:30pm
Monday	August 16	6:30 - 7:30pm



**PARKS, RECREATION
AND CULTURAL
RESOURCES**

Lake Johnson Park Office

5611 Jaguar Park Dr
Raleigh NC 27606
919-996-3141
LJWoodlandCtr@raleighnc.gov

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Introduction to MELT Method

Ages 18+ Become your own Hands-Off Bodyworker with the MELT Method, a revolutionary self-treatment that can help you feel better -- even if you'd had chronic pain for years. Using a MELT Soft Roller and small MELT Hand and Foot Treatment Calls, discover how to rehydrate connective tissue and allow the body to release long-hold tension. Many of us carry this tension in low back, neck and shoulders often originating from repetitive movements and compromised postures of daily living. Expect to leave this class feeling as if you have had a massage, moving better and more aligned. To read more about MELT visit www.meltmethod.com or email the instructor Jenny Turnage with your questions jenny@foodfityoga.com

Fee: \$25 Resident / \$40 Non-Resident

Location: TGC Woodland Center

Date & Time:

Saturday June 12 10 - 11:30am

All Levels Yoga

Ages 18+ This class is for those seeking to unwind the body and mind after a long day. During class you will build internal heat and focus, strength, and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed and centered. Modifications for some poses will be offered so you can choose to work at the level appropriate for you. Previous yoga experience is recommended. Certified yoga instructor: Jenny Turnage.

Fee: \$60 Resident / \$75 Non-Resident

Location: TGC Woodland Center

Dates & Times: Thursdays

June 3 - July 8 6:30 - 7:30pm

July 22 - August 26 6:30 - 7:30pm



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