



FOR IMMEDIATE RELEASE

July 2, 2020

Outdoor Yoga Set for Today at Market Plaza

Wheeling, W. Va. — The Outdoor Yoga Series conducted by City of Wheeling Parks & Recreation and Generation Wheeling is having a class at 6:30 p.m. today at Market Plaza.

The yoga class will be beginner level and taught by certified yoga instructor Betsey Sweeny of Generation Wheeling. Due to COVID-19 restrictions, all participants will be required to practice social distancing and supply their own yoga mats and other equipment.

“Yoga is a great way to destress during the pandemic,” said Jesse Mestrovic, director of parks and recreation. “This is a great opportunity for people of all ages to come out and do something fun while also being safe.”

The Wheeling Parks & Recreation Facebook page will provide an update if the event is cancelled due to weather.

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