



YOGA IS MY HOPPY HOUR

**HAPPY HOUR YOGA
PRESENTED BY THE CHIPPEWA FALLS YMCA & LEINENKUGEL'S**

Please join the Chippewa Falls YMCA and Leinenkugel's Brewery for this fun, autumn mingler as we move into our poses and relax with a pint. We will begin with an all-level, hour-long, not-too-serious Hatha yoga class in the grassy area in front of the Leinie Barn. Then we'll hops and barley our way across the footbridge to Leinie Lodge® for a refreshing pint and NamAAHHHHste social mixer.



**Wednesday, September 28, 2022
4:30-5:30 PM – Yoga
5:30-6:30 PM – Social Mixer**

COST:

Includes 1 hour of yoga and 1 drink ticket for a pint of your choice!

- **YMCA Members: \$10 | Non-Members: \$15 (Until Sept 22)**
- **After Sept 22 & day of walk-in's: \$15 (walk-ups are CASH ONLY)**

Registration begins Sept 6 at www.ymca-cv.org/specialtyfitness

Check-in begins at 4:00 PM outside the Leinie's Barn.
Drink ticket will be given at check-in.

Yoga will be led by YMCA yoga instructor, Rebecca Snyder. Bring your yoga mat and wear comfy, athletic clothing.



HAPPY HOUR YOGA FAQ'S

Q: How can I register for the Happy Hour Yoga event?

A: There are 3 ways to register.

1. Online at www.ymca-cv.org/specialtyfitness
2. In person at a YMCA of the Chippewa Valley front desk (Chippewa Falls or Eau Claire).
3. In person during event check-in.

Note: The YMCA-Chippewa Valley is responsible for registration and check-in. You will not be able to register or check in with or through Leinenkugel's®.

Q: I'm a Y Member. Do I qualify for a YMCA Member discount?

A: Yes. Y Members can pay \$10 but must register online through your account or at a YMCA-CV front desk.

YMCA Member pricing expires on September 21 at 11:59 PM. After September 21, cost is \$15 per person.

Q: I want to register in person at the event. What form of payment should I bring?

A: **CASH.** Walkups registering at the event pay \$15/person. An ATM is located inside the Leinie Lodge® or at nearby banks.

Q: What should I wear and/or bring with me?

A: For yoga: bring your yoga mat and wear comfortable clothing that allows for moveability (e.g., athletic wear). If you don't have a yoga mat, a beach towel will work fine on the grass. No props or additional equipment are necessary.

For the Leinie Lodge®: bring your ID and anything else for a night at Leinie's.

Q: What type of yoga are we doing?

A: This is an all-level Hatha yoga held on a grass surface. The outdoor class is designed to move slowly through basic yoga stretches and poses to make you feel better and more relaxed.

Q: Where should I park?

A: You should park at the Leinie Lodge® and walk across the footbridge to check-in. Overflow parking is in front of the Leinie Barn.

Q: What time does check-in start?

A: Check-in starts at 4:00 PM

Q: Where is check-in located and what should I expect?

A: A YMCA check-in area will be located near the Leinie Barn.

- If you are pre-registered, provide your name and we'll check you in.
- If you need to register, arrive early enough to complete the check-in process and pay \$15/person (cash).

You will be given your 1 beer ticket once checked in. Be sure to place your drink ticket someplace safe (pocket, car, purse, wallet).

Q: What if I lose my drink ticket?

A: No additional drink tickets will be given. Be sure to place your drink ticket someplace safe.

Q: I can't make the event. Can I still get my drink ticket?

A: Yes. To receive your drink ticket, you must check-in or arrange for a friend to check-in on your behalf. Drink tickets are not available after the check-in period.

Q: I can make the yoga portion but can't make the social mixer. Is the drink ticket valid for only that night?

A: No. Your Leinenkugel's drink ticket is valid whenever Leinenkugel's is open. Hurrah! Keep in mind, the Leinenkugel's drink ticket is valid for beer only.

Q: I don't drink beer. Is there an option available that is not beer?

A: Yes. You can purchase water or soda at the Leinie Lodge®. Hold onto your drink ticket as you may consider giving your drink ticket away as a gift or down the road when you want to bring guests to the Leinie Lodge®.

Q: Can we buy additional drink tickets?

A: You can purchase additional drink tickets directly at the Leinenkugel's check-in counter.

Q: How late can we stay at the Leinie Lodge® that night?

A: Drink service will end at 6:15 PM and Leinenkugel's will close at 6:30 PM—the end of our social mixer.

Q: What happens if it's rainy or cold for outdoor yoga?

A: The event check-in and yoga will be moved to the Chippewa Falls YMCA. The social mixer will follow at the Leinie Lodge®. If outdoor conditions warrant a move, we will send you an email (provided during registration) updating you on the change and/or someone from the YMCA will be at Leinie's to direct you to the Chippewa Falls YMCA.

Q: Is this event refundable?

A: Refunds will not be given for this event