

Workouts and Beer

The post-workout beer: Truth be told, there's no physical benefit to "recovering" from a workout by indulging in a cold beer. However, carbonation combined with comradery might entice more people to come out to events like these, turning them into celebrations of one's hard work. Enjoy!

BEER YOGA CLASS | \$8

High Branch Brewing Co.

325 McGill Avenue, Ste. 148, Concord

Three Thursdays per month:

7:00-8:00pm

704-706-3807

Instructors are from Lotus Living Arts Studio of Concord. The class has limited space, so come early. Check High Branch's Facebook event page to learn which Thursday will not feature a yoga class.

CBC RUN CLUB

Cabarrus Brewing Company

329 McGill Avenue N.W., Concord

Each Thursday: 6:00pm

704-490-4487

Three-mile routes begin and end at the taproom.

CBC YOGA CLUB | \$6

Cabarrus Brewing Company

329 McGill Avenue N.W., Concord

Each Wednesday: 6:30-7:30pm

704-490-4487

This is an all-levels class; yogis of all abilities and experience levels are welcome. Includes arm balances, inversions, partner postures and core poses in a fun, supportive environment.

STREAKERS RUNNING CLUB

3 Union Street S., Ste. 110, Concord

980-616-2317

Streakers is a specialty running store and bar, where runners can meet, run together and hang out.