

YOGA

RPB REC CENTER
VETERANS PARK
COMMONS PARK

OFFERED BY



YOGA SESSION FEE:

\$48 RESIDENTS/\$58 NON-RESIDENTS

CLASSES RUN IN 6-WEEK SESSIONS

(UNLESS OTHERWISE STATED)

Schedule: Class Dates - See Reverse Side/2nd Page

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:45-10:45 AM			
		Yoga with Dave			
6:00-7:00 PM					
Yoga with Julie					

*** One FREE trial class for new students ***

Yoga: Work on reducing stress, deep breathing, stretching and strengthening during this gentle yoga class. No experience necessary. Modifications offered. All levels welcomed. Please bring a mat.

Class Dates: See 2nd Page/Back Side

Royal Palm Beach Recreation Center / 100 Sweet Bay Lane / 790-5124

Class Dates/Locations

Note: We invite you and a friend to attend a free trial class at any time

Monday Yoga with Julie: 6:00-7:00 PM (Location: RPB Recreation Center)

Registration deadline is 3 business days prior to the start date, late registration is accepted once class minimum is met.

January 6 – February 10

February 17 – March 31 (No Class 3/24 Spring Break)

April 7 – May 12

May 19 – June 23 (5 week Session \$40/R & 50/NR)

(No Class 5/26 Memorial Day)

June 30 – August 4

Wednesday Yoga with Dave: 9:45 -10:45 AM (Location: RPB Recreation Center)

Registration deadline is 3 business days prior to the start date, late registration is accepted once class minimum is met.

January 8 – February 12

February 19 – April 2 (No Class 3/26 Spring Break)

April 9 – May 14

May 21 – June 25

July 2 – August 6

Registration will be accepted past the registration deadline if the class minimum has been met.

Dates subject to change

Royal Palm Beach Parks & Recreation / For Registration Information: 790-5124

Royal Palm Beach Recreation Center / 100 Sweet Bay Lane / RPB
