

# YOGA

RPB REC CENTER

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/2<sup>nd</sup> 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 2<sup>nd</sup> Page/Back Side**

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

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## 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.

May 20 – June 24 (5 week Session \$40/R & 50/NR – No Class 5/27 & 7/1)

July 8 – August 12

August 19 – September 23 (5 week Session \$40/R & 50/NR – No Class 9/2)

September 30 – November 4

November 11 – December 16 (5 week Session \$40/R & 50/NR – No Class 11/25)

### 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.

May 22 – June 26 (No class on 7/3)

July 10 – August 14 (Class will be held at Commons Park Sporting Center July 10-31)

August 21 – September 25

October 2 – November 6

November 13 – December 18 (5 week Session \$40/R & 50/NR – No Class 11/27)

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

**\*Dates subject to change\***

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

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

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