

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/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.

April 6 – May 11 (6 week Session \$48/R & 58/NR)

May 18 – June 22 (5 week Session \$40/R & 50/NR- No Class 5/25)

June 29 – August 3 (6 week Session \$48/R & 58/NR)

August 10 – September 14 (5 week Session \$48/R & 58/NR- No Class 9/7)

September 21 – October 26 (6 week Session \$48/R & 58/NR)

November 1 – December 14 (6 week Session \$48/R & 58/NR- No Class 11/23)

January 4 – February 8 (6 week Session \$48/R & 58/NR)

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.

April 8 – May 13 (6 week Session \$48/R & 58/NR)

May 20 – June 24 (6 week Session \$48/R & 58/NR)

July 1 – August 5 (6 week Session \$48/R & 58/NR)

August 12 – September 16 (6 week Session \$48/R & 58/NR)

September 23 – October 28 (6 week Session \$48/R & 58/NR)

November 4 – December 16 (6 week Session \$48/R & 58/NR- No Class 11/25)

January 6 – February 10 (6 week Session \$48/R & 58/NR)

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
