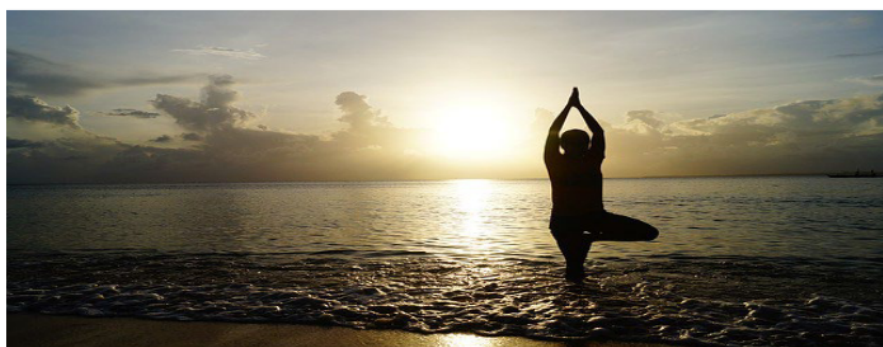


YOGA

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

Yoga Session Dates August 2025-March 2026

Class	Location	Notes
Monday 6-7 PM-Julie	Rec Center	\$48 Residents/\$58 Non
8/11/25-9/15		Off 9/1-Labor Day 5 week session \$40/\$50
9/22/25-10/27/25		6 week session \$48/\$58
11/1/25-12/15/25		Off 11/24-Thanksgiving 6 week session \$48/\$58
*Off 12/22 & 12/29		Christmas Break
1/5/26-2/9/26		6 week session \$48/\$58
2/16/26-3/30/26		Off 3/16 Spring Break 6 week session \$48/\$58
Wednesday 9:45-10:45 AM with Dave	Rec Center	\$48 Residents/\$58 Non
8/13/25-9/17/25		6 week session \$48/\$58
9/24/25-10/29/25		6 week session \$48/\$58
11/5/25-12/17/25		Off 11/26 Thanksgiving 6 week session \$48/\$58
Off 12/24 & 12/31		Christmas Break
1/7/26-2/11/26		6 week session \$48/\$58
2/18/26-4/1/26		Off 3/18 Spring Break