



Town of Surfside Parks and Recreation Department

Yoga

Please Bring A Yoga Mat

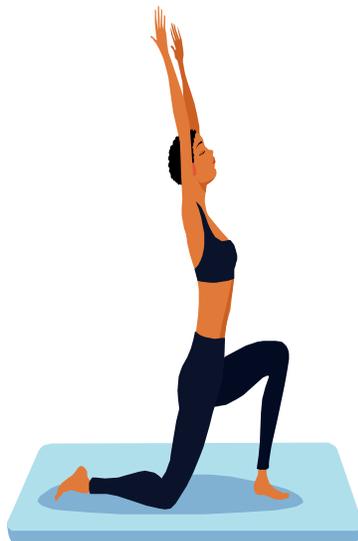
Enjoy invigorating and relaxing yoga classes while engaging in techniques that benefit your mind, body, and spirit. You will learn proper breathing exercises and relaxation methods long associated with this proven ancient tradition.

Wednesdays

March 5 - April 30

***No Class 3/26**

Time: 7:00 - 8:00 pm



Registration begins:

**Residents
Feb 3**

**Non-Residents
Feb 10**

Fee:

Resident \$80.00

Non-Resident \$120.00

8 Weeks = 8 Classes

332201-C

Drop in fee per class:

Residents \$15

Non-Residents \$23

***Changes/Cancellations subject to administrative fees**

**Registration and Classes held at the
Surfside Community Center
9301 Collins Avenue**

Proof of residency is required at the time of registration.

For more information please call (305) 866-3635

Website: www.townofsurfsidefl.gov