



Royal Palm Beach  
 Parks and Recreation Department  
 790-5124



## **TUESDAY AND THURSDAY MORNING YOGA CLASSES**

Start your morning off right and learn relaxation techniques that will assist you in reducing stress through Stretching, breathing and meditation. Participants should bring a mat and towel to class.

Day / Session:      Tuesday:              9:30 am-10:45 am  
                                  Jan. 12-Feb. 16              Feb. 23-Mar. 30              Apr. 6-May 11

Day / Session:      Thursday:              9:30 am-10:45 am  
                                  Jan. 14-Feb. 18              Feb. 24-Apr. 1              Apr. 8-May 13

Fee:                      Resident: \$48.00              No-Resident: \$58.00

Instructor:              Julie La Croix, BS

Please contact the front desk to inquire about childcare during class

Give the Gift of Peace & Relaxation with Individual Yoga Sessions  
 Your individual session can include a personal needs and goal in a one on one setting and stress relief through gentle restorative yoga.

Introductory Price:

R/\$40 NR/\$50

3 classes for R/\$99 NR/119

For additional information please  
 Contact the Recreation Department  
 at 790-5124.

