

YOGA & MEDITATION

AT THE ROYAL PALM BEACH REC CENTER
AND COMMONS PARK

OFFERED BY



YOGA & MEDITATION

\$48 RESIDENT / \$58 NON-RESIDENT

CLASSES RUN IN 6-WEEK SESSIONS

Schedule: Class Dates - See Reverse Side/2nd Page

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30 AM Yoga with Dave		8:30-9:15 AM **Yoga in the Park with Victoria		9:30-10:15 AM Meditation with Dave
		9:45-10:45 AM Yoga with Victoria		
6:00 – 7:00 PM Yoga with Julie	6:30 – 7:30 PM Power Yoga with Dave		6:30 – 7:30 PM Yoga with Angela	

Yoga: Work on reducing stress, deep breathing, stretching and strengthening during this gentle yoga class. No experience necessary. Modifications offered. No perfect people allowed.

Yoga at the Park:** Practice outdoors in beautiful Commons Park! All levels welcomed, no experience necessary. Commons Park is located at 11600 Poinciana Blvd., RPB.

Power Yoga: Up your athletic edge with this fitness based Vinyasa Yoga workout that will make you sweat! The flow is designed to build internal heat, increase strength, conditioning, stamina, flexibility and reduce stress. Learn to use and be connected with your breathing. Breathing awareness allows you to maintain presence and gives you the advantage when faced with personal or athletic challenges.

Intro to Meditation: Learn to reduce stress, anxiety and insomnia through a regular meditation practice. You will learn proper breathing techniques and add in small movements to help calm the mind. This class is for veterans, professionals, or anyone just Looking to find their off switch to recharge their mind, body and spirit. Please bring a mat.

Class Dates: See 2nd Page/Back side

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

CLASS DATES

Note: *We invite you and a friend to attend a free trial class.
Classes are held at the RPB Recreation Center,
unless noted otherwise below*:*

Monday Yoga with Dave: 9:30-10:30 AM at Commons Sporting Center*

January 14 – February 18

February 25 – April 8 (No class: 3/18)

April 15 – May 20

Monday Yoga with Julie: 6:00-7:00 PM

January 14 – February 18

February 25 – April 8 (No class: 3/18)

April 15 – May 20

Tuesday Power Yoga with Dave: 6:30 – 7:30 PM

January 15 – February 19

February 26 – April 9 (No class: 3/19)

April 16 – May 21

Wednesday “Yoga at the Park” with Victoria*: 8:30-9:15 AM

January 16 – February 20

February 27 – April 10 (No class: 3/20)

April 17 – May 22

Wednesday Yoga with Victoria: 9:45 -10:45 AM at Commons Sporting Center*

January 16 – February 20

February 27 – April 10 (No class: 3/20)

April 17 – May 22

Thursday Yoga with Angela: 6:30-7:30 PM

January 17 – February 21

February 28 – April 11 (No class: 3/21)

April 18 – May 23

Friday Meditation with Dave: 9:30-10:15 AM

January 18 – February 22

February 29 – April 12 (No class: 3/22)

April 19 – May 24