

YOGA & MEDITATION

AT THE ROYAL PALM BEACH REC CENTER
AND COMMONS PARK

OFFERED BY



YOGA OR MEDITATION:

\$48 RESIDENTS/\$58 NON-RESIDENTS

CLASSES RUN IN 6-WEEK SESSIONS

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30 AM		8:30-9:15 AM		9:30-10:15 AM
Yoga with Dave		*Yoga in the Park with Victoria*		Meditation with Dave
		*Moves indoors May 29-August 14		
		9:45-10:45 AM		
		Yoga with Victoria		
6:00-7:00 PM	6:30-7:30 PM		Evening Yoga Coming Soon!	
Yoga with Julie	Power Yoga with Dave			

*** 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. No perfect people allowed.

Yoga at the Park: Practice outdoors in beautiful Commons Park! No experience necessary. Rain-out location: RPB Recreation Center. Commons Park is 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 heat, increase strength, flexibility and reduce stress while connecting to your breath.

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 the 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/Locations (Revised 5/12/19)

Note: We invite you and a friend to attend a free trial class. Classes are to be held at the RPB Recreation Center (Exception: The "Yoga in the Park" location is at Commons Park on the following dates: April 17- May 22, 2019 & August 21-Sept 25, 2019).

Monday Yoga with Dave: 9:30-10:30 AM

April 15-May 20 (No class 5/27)

June 3-July 1 (5-week mini session: \$40 Residents/\$50 Non-Residents)

July 8th-August 12

August 19-Sept 23 (No class: Sept 2) 5-week mini session: \$40 Residents/\$50 Non-Residents

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

April 15-May 20 (No class: 5/27)

June 3-July 1 (5-week mini session: \$40 Residents/\$50 Non-Residents)

July 8th-August 12

August 19-Sept 23 (No class: Sept 2) & 5-week mini session: \$40 Residents/\$50 Non-Residents)

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

April 16-May 21

May 28-June 25* (5-week mini session: \$40 Residents/\$50 Non-Residents) (*No class: July 2)

July 9-August 13

August 20-September 24

Wednesday Yoga at the Park-Victoria: 8:30-9:15 AM (Note; Park Class moves indoors for 13 wks)

April 17-May 22 (Location: Last outdoor session at Commons Park)

*May 29-June 26 (5-week mini session: \$40 Residents/\$50 Non-Residents) Location: Class moves indoors to RPB Rec Center, 100 Sweetbay Lane, RPB and (*No class: July 3)

July 10-August 14 (Location: Session to be held indoors at RPB Recreation Center)

August 21-September 25 (Sporting Center-Meet outdoors by fountains, in front of 3-story bldg.)

Wednesday Yoga with Victoria: 9:45 -10:45 AM

April 17-May 22

*May 29-June 26 (5-week mini session: \$40 Residents/\$50 Non-Residents)

*No class July 3

July 10-August 14

August 21-September 25

Thursday Evening Yoga: Coming Soon! (Call number below for additional information)

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

April 19-May 24

*May 31-June 28 (5-week mini session: \$40 Residents/\$50 Non-Residents) (*No class: July 5)

July 12-August 16

August 23-September 27