



Town of Surfside Parks and Recreation Department

# Yoga

**Please Bring A Yoga Mat**

Registration begins:

Residents  
January 22

Non-Residents  
February 4

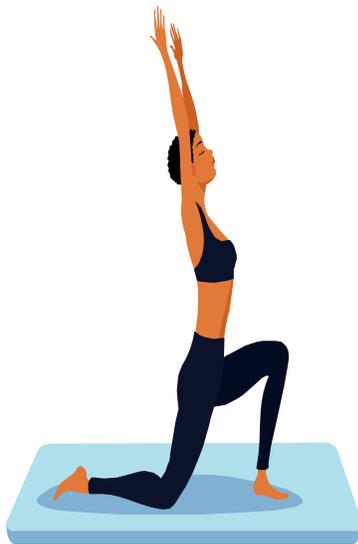
Enjoy invigorating and relaxing yoga classes while engaging in techniques that benefit your mind, body, and spirit. You will learn proper breathing exercises and relaxation methods long associated with this proven ancient tradition.

**Wednesdays**

**March 6 - May 1**

Time: 7:00 - 8:00 pm

(\*No Class 3/27)



**Fee:**

Resident \$80.00

Non-Resident \$120.00

8 Weeks = 8 Classes

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**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](http://www.townofsurfsidefl.gov)