Hatha Yoga

Sundays
September 7 - October 26
Time: 11:00AM - 12:00PM

Join us for Hatha Yoga, a traditional practice that combines physical postures (asanas), breathing techniques (pranayama), and meditation to balance your body and mind. This peaceful class is perfect for all levels, helping you build strength, flexibility, and mindfulness. Whether you're a beginner or looking for a gentle yet effective workout, Hatha Yoga will leave you feeling refreshed, centered, and energized.
Instructor: Andrea Travani

Class for ages 16+

REGISTRATION BEGINS
RESIDENTS: JULY 21
NON-RESIDENT: AUGUST 4

FEE
RESIDENT: $84.00
NON RESIDENT: $119.00
8 WEEKS = 7 CLASSES

DROP IN FEE
RESIDENT: $15
NON RESIDENT: $23

*Registration and Classes be held at the Surfside Community Center (9301 Collins Avenue).
Proof of residency is required at the time of registration.
Changes/cancellations are subject to administrative fees.

For more information please call (305) 866 - 3635
Website: www.townofsurfsidefl.gov

Parks & Recreation
SURFSIDE, FL