



Hatha Yoga

Sundays

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

**PROGRAM
REGISTRATION**

SCAN ME



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 AGES 16 - 54

RESIDENT: \$84.00

NON RESIDENT: \$119.00

8 WEEKS = 7 CLASSES

FEE AGES 55+

RESIDENT: FREE

NON RESIDENT: \$49.00

8 WEEKS = 7 CLASSES

DROP IN FEE AGES 16 - 54

RESIDENT: \$15

NON RESIDENT: \$23

DROP IN FEE AGES 55+

RESIDENT: FREE

NON RESIDENT: \$10

***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

