



Parks and Recreation
It Starts in Parks



YOGA

with Instructor Claudia Zoeller

Mondays
7:00 - 8:00 p.m.

\$5.00 per class or \$24.00 for 6 class session

Sessions:

January 9 - February 27, 2017

(No Class: 1/16 and 2/20)

March 6 - April 17, 2017

(No Class: 4/10)

GRIFFING

COMMUNITY CENTER

12220 Griffing Boulevard

North Miami, FL 33161

For more information, please call 305-893-3771.

This vinyasa-style yoga class is designed to help anyone looking to learn the foundation of yoga postures, alignments and breathing techniques. Classes build endurance, flexibility and strength in a supportive environment that encourages the link between mindfulness, breath and movement. Classes are recommended for beginners as well as those with an ongoing practice.

Bring your own fitness mat, towel and comfortable clothing is suggested.

Griffing Center Activity Registration:

Annual Membership required:

North Miami Residents - FREE • Non-Residents - \$20.00

Proof of residency is required.

YOU MAY REGISTER AT:

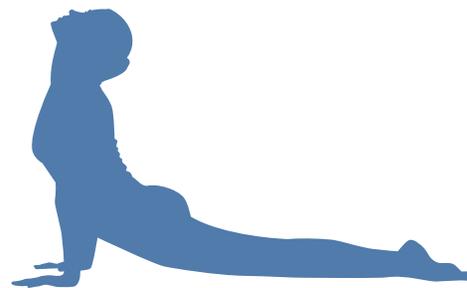
Griffing Center, 12220 Griffing Boulevard - 305.893.3771

Payments can be made by cash, cashier's check or money order.

or at

The Parks and Recreation Office, 12300 NE 8 Avenue - 305.895.9840

Payments can be made by credit card, cash, cashier's check or money order.



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The City of North Miami does not discriminate on the basis of disability in the admission or access to, or treatment or employment in its programs or activities.