



Parks and Recreation  
*It Starts in Parks*



# YOGA

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

**\$5.00 per class or \$32.00 for 8 class session**

**Session:**  
**October 10 - December 12, 2016**  
(No Class: 10/31 & 11/7)

**Griffing Community Center**  
**12220 Griffing Blvd.**  
**North Miami, FL | 33161**  
For more information call 305-893-3771

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

**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.**

### **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.



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.