



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

Sessions:
April 4 - May 23, 2016
June 6 - August 1, 2016
August 8 - October 3
(No Class: July 4th, September 5th)

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.



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AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS