

Gentle **Yoga**

JOIN OUR FREE OUTDOOR YOGA CLASSES!



Mondays
9:30 AM – 10:30 AM
LAKE LYTAL PARK,
West Palm Beach
Greenspace adjacent to pickle ball courts

Wednesdays
8:30 AM – 9:30 AM
JOHN PRINCE PARK,
Lake Worth
Greenspace adjacent to Osborne Pavilion

Note: Please bring your own yoga mat. Hand weights, exercise bands, or yoga blocks if desired.

Suitable for everyone. All levels welcome. For inquiries, please call 561-966-7034 or email mgonzalez@pbcgov.org

Pre-registration Required. Visit us at www.pbcparcs.com



Palm Beach County Board of County Commissioners

Dave Kerner, Mayor, Robert S. Weinroth, Vice Mayor, Maria G. Marino
Gregg K. Weiss, Maria Sachs, Melissa McKinlay, Mack Bernard

Verdenia C. Baker, County Administrator



National Gold Medal Award Winner

In accordance with ADA provisions, this flyer may be requested in an alternate format. Please call (561) 966-7033