BODY FLEXIBILITY

WORKOUTS WILL FOCUS ON STRETCHING AND STRENGTHENING MUSCLES TO IMPROVE FLEXIBILITY, COORDINATION AND STABILITY.

MONDAYS
8:30AM - 9:30AM
LAKE LYTAL PARK,
WEST PALM BEACH
GREENSPACE ADJACENT TO PICKLEBALL COURTS

REMINDERS:
- PRE-REGISTRATION REQUIRED
  www.pbcparks.com or
  561-966-7033 (MAXIMUM
  OCCUPANCY 9 PARTICIPANTS
  PER CLASS)
- PARTICIPANTS ARE
  ENCOURAGED TO BRING YOUR
  OWN YOGA MAT, HAND
  WEIGHTS, EXERCISE BANDS, OR
  YOGA BLOCKS IF DESIRED
- CHAIRS WILL BE PROVIDED
- MASKS ARE NOT REQUIRED FOR
  OUTDOOR PROGRAMMING BUT
  RECOMMENDED
- SANITATION STATIONS WILL BE
  SET UP
- PROGRAMS WILL ADHERE TO
  ALL STATE AND COUNTY ORDERS
  AND CDC GUIDELINES

WEDNESDAYS
9:30AM - 10:30AM
CMAA THERAPEUTIC
RECREATION COMPLEX,
LAKE WORTH

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

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