



TOWN OF
PALM BEACH

YOGA

MORTON AND BARBARA MANDEL
RECREATION CENTER

In this all-fitness-level 55 minute class taught by Stephanie Bogdan, basic foundational yoga postures are practiced to align, strengthen, and promote flexibility and balance. You can expect simplicity of flowing postures and ease of movement/breath connection.

Call 561-227-6363 or stop by and see us to book your session!
Advanced registration is required.

Mondays at 11 AM

Beginning July 20, 2020



Drop-in Class:

Residents: \$18

Nonresidents: \$22.50

5 Class Pass:

Residents: \$80

Nonresidents: \$100

10 Class Pass:

Residents: \$140

Nonresidents: \$175

Please bring your own mat and water bottle. *Space is limited to maintain physical distancing.* As extra safety precaution, instructors are required to wear a mask and cleaning is done prior to the start of class, as well as immediately after.

Live Well at the Mandel

Morton and Barbara Mandel Recreation Center
340 Seaview Ave, Palm Beach, FL 33480

palmbeachrecreation.com

