



THURSDAY – VINYASA FLOW YOGA

Vinyasa Flow Yoga is one of the most popular contemporary styles of yoga that strings poses together in a flowing sequence of movement and breath.

WHO: Adults only. **Class size limited**

Registration required no later than 9/5/19

WHEN: September 5 – October 24 (No class on 10/17/19)

6:00 – 7:00 p.m.

Seven (7) 1-hour classes

WHERE: Community room in the Cassidy Theatre (Greenbrier Commons) lower level.

FEE: Cost will be \$55.00 due at the time of registration.

Credit Cards now accepted on line and in person.

Registrations are being accepted at:

Parma Heights City Hall

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Online Registration begins August 1

www.parmaheightsoh.gov - Recreation Department

If you have any questions you can contact us at 440-884-9606 or recreation@parmaheightsoh.gov

