

# YOGA



➤ **Mondays – Yoga w/Pilates**

January 8<sup>th</sup> through February 26<sup>th</sup>  
7:00-8:00 p.m.

➤ **Thursdays – Vinyasa Flow Yoga**

January 4<sup>th</sup> through February 22<sup>nd</sup>  
6:00-7:00 p.m.

➤ Cassidy Theatre (Lower Level)  
(6200 Pearl Rd.)

➤ Eight (8) 1-hour classes

➤ \$50.00/Monday session & \$50.00/Thursday session  
check or cash only (in person)  
or credit/debit card (online)

➤ Limited openings

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Registrations are being accepted at:

-Parma Hts. City Hall (6281 Pearl Rd.)

-Mondays through Fridays

-8:30 a.m. - 4:30 p.m.

-You must be registered in person no later than 12/29/17 for Thursday class  
and 1/2/18 for Monday class.

or

online registration is available through December 21<sup>st</sup>

at [www.parmaheightsoh.gov](http://www.parmaheightsoh.gov)