



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 03/18/20
- WHEN:** March 19 – May 7
6:00 – 7:00 p.m.
Eight (8) 1-hour classes
- WHERE:** Community room in the Cassidy Theatre (Greenbrier Commons) lower level.
- FEE:** Cost will be \$64.00 due at the time of registration.
Registrations are being accepted at:
Parma Heights City Hall
Monday – Friday, 8:30 a.m. – 4:00 p.m.
Online Registration
www.parmaheightsoh.gov - Recreation Department

Note: Registration must be completed no later than 03/18/20.

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