

City of Fort Lauderdale Parks and Recreation Department

Riverside Park

Charles and Irene Radford Community Center

555 S.W. 11th Avenue

Fort Lauderdale, FL 33312

(954) 468-1553



Yoga

Yoga systematically works through the entire body to strengthen & increase flexibility, while bringing harmony & balance to mind, body and spirit. This class consists of seated, lying down & standing postures and includes techniques in “control of breath,” meditation and visualizations. (*Towel and mat are required.*)



Saturdays
10:30 a.m. - 11:45 a.m.
Instructed by: Anna Diaz
Residents \$9 / Non-Residents \$10



10 class Pass Options:
Residents \$80 / Non-Residents \$90

*Pass is also valid at the Beach Community Center for Yoga and Pilates classes.

Payment Options:

- 1.) We accept Visa or Mastercard payments only at Riverside Park
- 2.) To pay with cash or checks, please go to the Parks and Recreation office Monday - Friday between 8:00a - 4:30p which is located at 1350 W. Broward Blvd.



If you would like this publication in an alternative format (large print or audio tape), or if you need reasonable accommodation to participate in this program, please contact Marie Rock at (954) 828-4610 or mrock@fortlauderdale.gov at least seven business days prior to this program.