



# Town of South Palm Beach EXERCISE CLASS SCHEDULE

Effective January 1, 2026

All classes are **FREE** and open to residents

Class	Day	Time
Chair Yoga	Monday	9 AM - 10 AM
Stretch	Monday	10 AM - 11 AM
Tai Chi	Wednesday	9 AM - 10 AM
Stretch	Wednesday	10 AM - 11 AM
Yoga	Friday	10 AM - 11 AM
Yoga	Saturday	9 AM - 10 AM

**Town Hall Chambers, 3577 South Ocean Blvd, South Palm Beach**

All Participants must fill out a waiver prior to participation

**Subject to cancellation or change without notice**

SouthPalmBeach.com for updates and schedule changes