

**NEW
UPDATE**



SPRING & SUMMER EXERCISE SCHEDULE

Effective May 4, 2026

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

Class	Day	Time
Chair Yoga	Monday	9 AM - 10 AM
New! Yoga	Wednesday	10 AM - 11 AM
Chair Yoga	Wednesday	11 AM - 12 PM
Yoga	Friday	10 AM - 11 AM

As of May 4, 2026, Saturday Yoga, Tai Chi, & Stretch classes will be suspended



STAY ACTIVE WITH US!

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SCAN ME



Town Hall Chambers, 3577 South Ocean Blvd, South Palm Beach
Subject to cancellation/change without notice * **WAIVER** required to participate
Visit www.southpalmbeach.com for more information and updates