



BREVARD County
Parks & Recreation Department
South Area Parks Operations

Public Information Release

Kristin Swenson
Community Center Coordinator
321-433-4891

FOR IMMEDIATE RELEASE
August 4, 2010

Viera Regional Community Center to Offer Hatha Yoga Class

VIERA, Fla. – The Viera Regional Community Center will offer a Hatha Yoga class on Thursdays from 6 p.m. to 7 p.m. for \$6 per class.

The Hatha Yoga class, for ages 16 and up, will increase circulation, flexibility and build muscle. It uses energy and breath to follow posture sequences which stretch, strengthen, and relax the body and mind. The instructor, Cindy Kippley, is a 200-hour certified yoga instructor.

All activities are supervised by Brevard County Parks and Recreation staff at the Viera Regional Community Center, 2300 Judge Fran Jamieson Way in Viera.

For more information, please call the Viera Regional Community Center at (321) 433-4891 or the instructor, Cindy Kippley at (414)520-9700.

###