



**BREVARD** County  
Parks & Recreation Department  
South Area Parks Operations

**Public Information Release**

Gustavo Vergara  
Recreation Superintendent  
321-255-4400

FOR IMMEDIATE RELEASE  
August 25, 2010

## **Yoga Classes Offered in Viera and West Melbourne**

VIERA and WEST MELBOURNE, Fla. – Brevard County Parks and Recreation is offering yoga classes at the Rodes Park Community Center in Melbourne and the Viera Community Center.

The classes, for ages 16 and older, will increase circulation and flexibility, and build muscles using energy and breath to follow posture sequences which will stretch, strengthen, and relax the body and mind.

The Viera Regional Community Center offers one Hatha Yoga class on Mondays and Thursdays from 10 a.m. to 11 a.m. and another Hatha Yoga class on Thursdays from 6 p.m. to 7 p.m. The fee is \$6 per class.

The morning class is taught by Marcia Falotico. For more information, please call the Viera Regional Community Center at (321) 433-4891 or the instructor at (321)725-5179.

The evening class is taught by Cindy Kippley, a 200-hour certified yoga instructor. For more information, please call the Viera Regional Community Center at (321) 433-4891 or the instructor at (414)520-9700.

The Rodes Park Community Center is also offering a yoga class on Thursdays, from 4:30 p.m. to 5:30 p.m. The fee is \$8 per class.

The instructor, Leslie Maloney, is a 200-hour certified yoga instructor.

For more information, please call the South Area Parks & Recreation Operations office at (321) 255-4400 or the instructor at (321)432-4346.

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