

FitYoga

ChairYoga

with Jill Murawski



TUESDAYS at 12:15pm

Chair Yoga is great for older adults or anyone who is mobility challenged. The poses are all done sitting in a chair or standing.

Benefits

Include stress reduction, improves circulation, reduces anxiety, protects joints and builds strength and balance.

Rates

Drop in class \$15
4-Class Pass \$54
(Senior 10% Available)

www.fityogajill.com