

SENIOR CHAIR YOGA

LOWER BLOOD PRESSURE - RELAXATION - STRENGTHEN MUSCLES



EVERY WEDNESDAY

SESSION 1: 2/28 - 4/03

SESSION 2: 4/10 - 5/15

SESSION 3: 05/22 - 6/26

TIME: 3PM - 3:45 PM

FEE PER 6 WEEK SESSION:

RPB RESIDENT: \$50

NON-RESIDENT: \$60

LOCATION:

RECREATION CENTER

100 SWEET BAY LANE

ROYAL PALM BEACH, FL 33411

FOR MORE INFO CALL: 561-790-5124

YOGA-AN ALL-AROUND FEELING OF WELL BEING



WWW.ROYALPALMBEACHFL.GOV