

SENIOR CHAIR YOGA

LOWER BLOOD PRESSURE - RELAXATION - STRENGTHEN MUSCLES



EVERY WEDNESDAY

SESSION 1: 4/16 – 5/21

SESSION 2: 5/28 - 7/2

SESSION 3: 7/9 - 8/13

TIME: 3:00 PM - 3:45 PM



FOR MORE INFO CALL: 561-790-5124

YOGA-AN ALL-AROUND FEELING OF WELL BEING

FEE PER 6 WEEK SESSION:

RPB RESIDENT - \$55

NON-RESIDENT - \$70

LOCATION:

RECREATION CENTER

100 SWEET BAY LANE

ROYAL PALM BEACH, FL 33411



WWW.ROYALPALMBEACHFL.GOV