

Senior Chair Yoga

Lower Blood Pressure - Relaxation - Strengthen Muscles



Classes Begin On:

Wednesday, February 20, 2019

Classes End On:

Wednesday, March 27, 2019

Time:

3:15PM to 4:00PM

Fee Per Session:

Res: \$48 Non-Res: \$58

6 weeks per session

Location:

Recreation Center
100 Sweet Bay Lane
Royal Palm Beach, FL 33411

FOR MORE INFO CALL: (561)790-5149

Yoga - an all around feeling of Well Being!

