

Senior Chair Yoga

Lower Blood Pressure - Relaxation - Strengthen Muscles



Classes Begin On:

Wednesday, October 10, 2018

Classes End On:

Wednesday, November 14, 2018

Time:

3:15PM to 4:00PM

Fee Per Session:

Res: \$45 Non-Res: \$55

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!

