## Redlands Community Senior Center

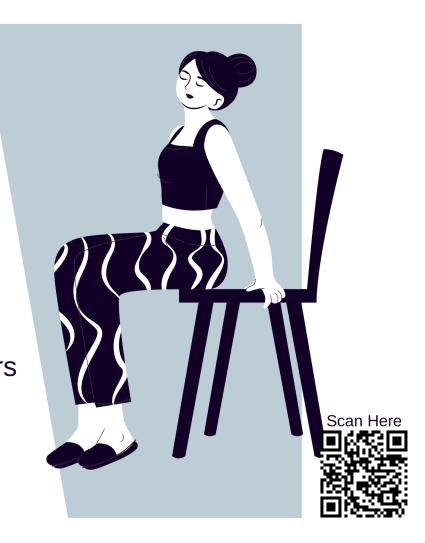


## CHAIR YOGA

Our Gentle Chair Yoga class is designed to improve flexibility and balance. Revitalize your spirit with meditation and gentle exercise for an overall sense of well-being. Ages 18+

Wednesdays 1:00pm - 1:45pm \$8 /class

Registration
Required
(909) 798-7579
or visit
www.cityofredlands.org/seniors



Redlands Community Senior Center 111 W Lugonia Ave

Redlands, CA 92374