



Chair Yoga



Tuesdays
11am to 12pm

\$5.00 per class
or 8 class punch card for \$25.00

Chair Yoga has many benefits, including increased flexibility, better posture, and improved coordination, sleep quality & cardiovascular health. Try it and believe it.

You owe it to yourself

Punch card is good for ALL Wellness & Fitness
Classes at SOAR@DORR

Dorr Township
1039 Lake Ave., Woodstock, IL
Questions?
Call Laura (815) 338-0125

