

CHAIR YOGA

Tuesdays 11am-Noon

Calm your Mind.

Stretch & Strengthen your Body while Safely Seated.

Standing and Matwork are always options.



The first wellness and fitness class of each type is always free!

To continue the cost is \$5 per class.

An 8 punch Fitness/Wellness Pass is available for \$25.

It never expires, is transferable for all Fitness/Wellness classes.

QUESTIONS?

CONTACT: LAURA WASSINGER

LYNDA ROHE

CALL: 815-338-0125

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SOAR@

SERVING OLDER ACTIVE RESIDENTS

