



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SIT RELAX MEDITATE

Chair Yoga SCHUYLKILL YMCA

Chair Yoga caters to the needs of almost any individual. Strengthen personal body awareness and gently deepen flexibility without complicated maneuvers or the difficulty of getting up and down from the floor.

- Register at the front desk or by phone
- FREE for members; \$5 for non-members

WHEN: Mondays
TIME: 9:30 to 10:30 AM
LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850

