

New Sessions of Seniors Fit and Fab and Chair Yoga Beginning March 21 – May 19

**Seniors Fit & Fab Tuesdays/Thursdays 9:15-
10:15am \$103.50/18 Sessions**

**Chair Yoga Monday/Friday 9:15-10:15am
\$103.50/18 Sessions**

**Proof of Vaccination will be required for both
classes**

Classes can now operate at full capacity!

