

# SILVER SNEAKERS YOGA



**Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.**

**TUESDAY'S @ THE PCC  
Starting Tuesday September 5th**

**Instructor: Andie Ghidiu  
9:00AM – 9:45AM**

**FREE for Silver Sneakers & Silver-N-Fit Members  
\$3.00 per class for non members**