

Redlands Community Senior Center



# CHAIR YOGA

Our Gentle Chair Yoga class is designed to improve flexibility and balance. Revitalize your spirit with meditation and gentle exercise for an overall sense of well-being. Ages 18+

**Wednesdays**  
**1:00pm - 1:45pm**

**\$8**  
/class

**Registration  
Required**

**(909) 798-7579**

**or visit**

**[www.cityofredlands.org/seniors](http://www.cityofredlands.org/seniors)**



Scan Here



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111 W Lugonia Ave

Redlands, CA 92374