



Virtual Fitness

GENTLE YOGA MOVES

**Mondays, 8:30–9:30 am
September 14 – November 16**

Experience the benefits of increased balance, flexibility, and muscle strength. Gentle Yoga combines breathing exercises with stretches and yoga postures that can be done seated, standing, or on the floor, with modifications as needed. Class ends with guided deep relaxation.



Register today!

Living Well

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