

# YOGA..... WITH A TWIST



“BECOME A BETTER YOU”

These classes are performed in a COVID compliant environment and are designed for all fitness levels.

We use a chair with weights and resistance bands. These exercises are designed to strengthen and stretch your muscles, improve posture, and reduce stress and pain.

You will get a total body workout that will help you lose weight and boost the immune system for an overall healthier body.

**Let's age with Vitality!**

**Classes: Oakwood Village Community Center**

**Monday and Friday            11:00 AM-11:45 AM**

**Wednesday                    10:30 AM-11:15 AM**

**Instructor: Recreation Director Carlean Perez**