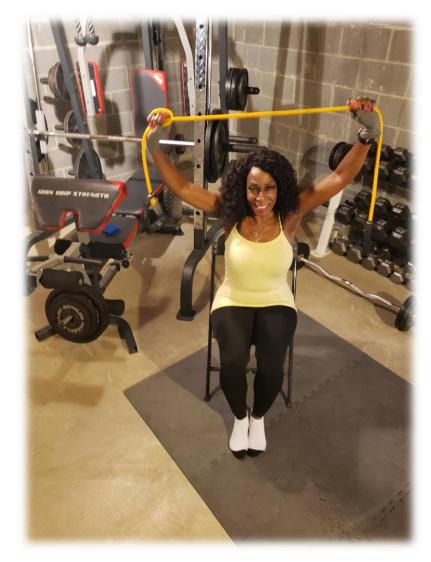
YOGA.... WITH A TWIST



"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