

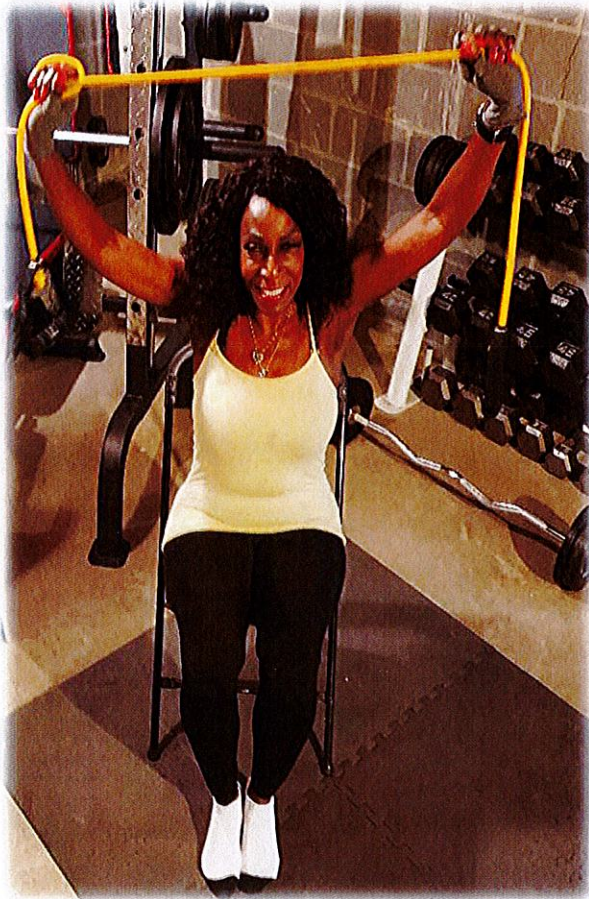
Oakwood Village Rec Dept

Presents

YOGA

with a **Twist**

with Carlean



“BECOME A BETTER YOU”

Classes will be held @ Oakwood Comm Ctr

Mon 11:00 a.m. – 11:45 a.m. &

Mt. Zion Church

Wed & Fri 10:30 a.m. – 11:15 a.m.

Let's Age with Vitality

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. They are exercises that will help 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.