



Class Descriptions

Classic: Monday through Friday 10:00 - 11:00

Custom designed exercises improve **agility, balance, coordination** and **activities for daily living (ADLs)** by increasing muscular strength and range of movement.

Chair Yoga: Mon and Fri 11:00-12:00

This therapeutic class design focuses on poses and postures to improve **breathing, flexibility, balance, muscular strength and endurance** and **joint range of movement**. There are seated and standing options throughout.