

CHAIR YOGA

BENEFITS:

- IMPROVE BALANCE
- TONE & STRENGTHEN
- INCREASE FLEXIBILITY
& MOBILITY



TUESDAYS
10:00A

Heritage Center - Forever Young Club
FREE Membership Required (60yrs+)

Resident Members: FREE
Non-Resident Members: \$2.00

CALL NOW 630.350.3426

WWW.BENSENVILLE.IL.US

HERITAGE CENTER, 12 SOUTH CENTER STREET, LOWER LEVEL, BENSENVILLE, IL 60106