



FEEL HEALTHIER BE STRONGER

Chair Works

Exercise for the physically challenged, designed for people who would like to exercise from the comforts of a wheelchair or the security of being seated. Relieve Stress, Increase Circulation, Improve Strength and Flexibility.



**Mondays/Fridays at 10:15 AM with Jill
Wednesdays at 10:15 AM with C.J.**



**Grants Pass Family YMCA 1000 Redwood Avenue
541-474-0001 www.grantpassymca.org**



6-27-19PB
Revised