



HELPING YOU LIVE BETTER

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHAIR YOGA

11 AM

TUESDAYS & THURSDAYS

**Gentle Yoga Poses
Modifications Used with Chair**

**With Liz Martin in the
Collins Room (Upstairs)**

Grants Pass Family YMCA

1000 Redwood Avenue

541-474-0001

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