

ADAPTIVE CHAIR YOGA

SENIOR
CENTRE



INFORMATION

Join John Schieven for a mostly seated class that utilizes gentle yoga poses to stretch and strengthen the entire body. This class is suitable for those that want to reduce stiffness by activating the muscles and maintain range of motion in their joints. Traditional yoga movements meet the repetition of traditional fitness.

Get your fitness in with this workout class
NO FLOOR WORK

INSTRUCTOR

John Schieven is a certified yoga instructor. He began practicing yoga in 2001 and was certified to teach in 2010. He focuses on the restorative properties of yoga to reduce pain and increase movement

**REGISTRATION
REQUIRED**

**MEMBER
\$6.50**

**NON-
MEMBER
\$8.00**

Try the first
class free

Tuesday
2pm-3pm