

Sit. Get Fit

CHAIR YOGA CLASS



9.30 to
10.30am
Fridays



YWCA | HUNTER
REGION INC

Sit. Get Fit is a perfect class for seniors, the less agile, as well as others who are active yoga participants. Benefits include:

- improved flexibility
- improved circulation
- builds strength & balance
- better concentration
- reduced pain in muscles & joints
- improved sleep
- great sense of relaxation and well-being

Leave feeling stretched, loosened and relaxed.

WHEN?

Fridays 9.30-10.30am
4 February - 25 March 2022

SUITABLE FOR

50+ / less agile / active yogis /
males / females

WHERE?

YWCA Hunter,
24 Dawson St, Cooks Hill

HOW MUCH?

\$96 per term or
\$20 per casual class

BOOKINGS ESSENTIAL

ywcahunterregion.square.site
or call us on 4929 2954



FOR MORE INFORMATION

📞 02 4929 2954

📍 YWCA Hunter, 24 Dawson St, Cooks Hill NSW 2300

✉ info@ywcahunterregion.org.au

🌐 www.ywcahunterregion.org.au

📘 YWCA Hunter Region Inc.

📷 [ywcahunterregion](https://www.instagram.com/ywcahunterregion)