

Sit. Get Fit

**EXERCISE THE GENTLE WAY
WITH CHAIR YOGA**



YWCA
HUNTER REGION INC

SIT. GET FIT

Now you can exercise the gentle way with Chair Yoga!

Sit. Get Fit is the perfect class for seniors, the less agile, as well as others who are active yoga participants. Also a great way to meet like-minded, active people in the community and form lasting friendships and healthy exercise habits!

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?

Wednesdays (various dates)
9.30-10.30am

WHERE?

YWCA Hunter, 24 Dawson St, Cooks Hill

HOW MUCH?

\$125 for 10 week term

SUITABLE FOR

Everyone! including 50yrs+, less agile, active yogis

BOOKINGS ESSENTIAL

www.ywcahunterregion.org.au/chair-yoga



For more information:

YWCA Hunter, 24 Dawson Street, Cooks Hill NSW 2300

02 4929 2954

info@ywcahunterregion.org.au

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