

# *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

9.30-10.30am & 10.45-11.45am

## WHERE?

YWCA Hunter, 24 Dawson St, Cooks Hill

## HOW MUCH?

\$13.50 per class

## SUITABLE FOR

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

## BOOKINGS ESSENTIAL

[www.ywcahunterregion.org.au/chair-yoga](http://www.ywcahunterregion.org.au/chair-yoga)



For more information:

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