

# SAGINAW TOWNSHIP RECREATION

# CHAIR YOGA

"GET FIT WHILE YOU SIT"

**MARCH 8 - 29, 2010**

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Chair yoga offers the ability to improve your health by keeping your joints flexible, lubricated and healthy while being supported in a chair (going up and down from the floor is not required).

This is an excellent class for those of any age who don't want to get down on the floor, yet desire the same results and benefits of traditional yoga.

**Class meets for 4 weeks**

**MONDAYS**

**4:00 - 4:45 p.m.**

**Registration Dates:** Open through March 4, 2010

**Registration Fee:** \$20.00

This class will be instructed by:  
Barbara Kochendorfer BS. RYT  
Registered & Certified Yoga Instructor

REGISTER AT SAGINAW TOWNSHIP RECREATION-3320 N. CENTER

**FOR MORE INFORMATION CALL: 791-9860**  
[www.saginawtownship.org](http://www.saginawtownship.org)