



SPRY Yoga at Lake Mayer Community Center

Every Tuesday, Beginning February 7th

Chair Yoga

12:30—1:15 p.m.

SPRY Instructor: Gretchen

Chair + Mat Yoga

3:30—4:15

SPRY Instructor: Joyce

***SPRY classes are donation-based. You are not required to give a donation.**

All proceeds will go to Edel Care Institute.



Strength • Flexibility • Balance • Stability • Relaxing
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