

COME JOIN US FOR...

Chair Yoga

FOR OUR SENIOR COMMUNITY



10-WEEK COURSE

**Schedule: Every Tuesday from January 7, 2025 to
March 11, 2025**

Cost: \$40.00 Per Person

Time: 9:30 AM - 10:30 AM

**Location: Frankfort Township Senior Center
20701 Landings Pointe, Frankfort, IL 60423**

IMPORTANT DETAILS:

**Space is limited. Registration opens on December 2, 2024 at
8:30 am. Please call 815-469-4907 ext. 2766.**

**Refunds are provided only if the space is filled by another
participant. Thank you for your understanding.**

-Sponsored by the Frankfort Township Board-