

- Gentle Yoga - **Chair & Standing Flow**

FOR OUR SENIOR COMMUNITY



10-WEEK COURSE

**Schedule: Every Tuesday from April 8, 2025 to
June 10, 2025**

Cost: \$40.00 Per Person

Time: 9:30 AM - 10:30 AM

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

IMPORTANT DETAILS:

**Space is limited. Registration opens on March 6, 2025.
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-