

Come Join Us For...

Chair Yoga

For our senior community



10-Week Course

**Schedule: Every Tuesday from September 10, 2024, to
November 12, 2024**

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

RSVP by Tuesday, September 3, 2024

Contact: 815-469-4907

Refunds are provided only if the space is filled by another participant.

Thank you for your understanding.

-Sponsored by the Frankfort Township Board-