



CITY OF REDLANDS  
SENIOR SERVICES

# STAY ACTIVE



Joslyn Senior Center | 21 Grant St.

# CHAIR YOGA

\$8/CLASS | AGES 55+

**Wednesdays 1:00pm - 1:45pm**

Our Gentle Chair Yoga class is designed to improve flexibility and balance. Revitalize your spirit with meditation and gentle exercise for an overall sense of well-being.

**Registration Required**  
**Call (909) 798-7550 to Register**

SCAN HERE FOR  
INFORMATION &  
TO REGISTER



For more information, contact the Joslyn Senior Center at (909) 798-7550. The Joslyn Senior Center is located at 21 Grant St. City of Redlands. Additional information is available on the City's Facebook page at [www.facebook.com/RedlandsSeniorServices/](http://www.facebook.com/RedlandsSeniorServices/) or on the city's website [www.cityofredlands.org/seniors](http://www.cityofredlands.org/seniors).





Joslyn Senior Center | 21 Grant St.

# YOGA EXPRESS FOR HEALTHY AGING

**AGES 55+**

Thursdays 9:00AM to 9:45AM

**5 week sessions:  
(\$11 each class)**

Angela is an experienced hatha yoga teacher and especially enjoys teaching yoga to beginners and helping students to deepen their practice. This class will be 45 minutes long and includes centering, breathing practice and warm-ups to prepare the body for the postures of the day and end with time for relaxation. Each class will incorporate movements and exercises to maintain and improve balance, strength, joint stability, and flexibility and support healthy aging.

**All levels of experience welcome.**



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