

YOGA

Marks Street Senior Recreation Complex
99 E Marks St., Orlando, FL 32803



Tuesdays

9:15 a.m. to 10:30 a.m.

Thursdays:

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Location: Cypress Room

\$8.00 per class

These classes combine yoga poses, range of motion exercises, balance work, and strength building techniques to help you live the best and most mobile life you can. Aging doesn't have to mean hurting, falling, and missing out on things you used to do.

Let's stay strong and flexible together!

All levels are welcome.

All students are encouraged to arrive on time.

New students should arrive 10 - 15 minutes early for registration

Age 18+



For more information contact: Instructor Candice Mitchell, RYT

Phone: (321) 332-5634 or e-mail: Candice@StrechAndLift.com

Or contact Marks Street Senior Recreation Complex at (407) 254-1066

www.OrangeCountyParks.net