



Gentle Yoga for Seniors

Yoga for Every Age and Every Stage of Your Life!

REGISTER FOR CLASSES TODAY

Monday, Wednesday and Fridays

9:00 – 9:45 am

\$30.00 per monthly session

(free to qualified Silver Sneaker Participants)

Fircrest Community Center

555 Contra Costa

253.564.8177

www.cityoffircrest.net



Gentle Yoga for Seniors

Yoga for Every Age and Every Stage of Your Life!

REGISTER FOR CLASSES TODAY

Monday, Wednesday and Fridays

9:00 – 9:45 am

\$30.00 per monthly session

(free to qualified Silver Sneaker Participants)

Fircrest Community Center

555 Contra Costa

253.564.8177

www.cityoffircrest.net