



# CHAIR FLOW CLASS

**With Instructor Rebecca Urick**

Fridays 10:15-11:15 AM

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair or using the chair for balance for standing poses. Open your hips, move your shoulders and neck, Strengthen your core, and find length in your spine with this chair yoga flow. Suitable for everyone that can sit in a chair and stand up. No floor work.



[www.LakesideRehab.com](http://www.LakesideRehab.com)

**GREAT FOR  
SENIORS**

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**GREAT FOR  
OFFICE CHAIR  
STRETCHES**

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**EASY GOING  
NO FLOOR  
WORK**

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**RELAX AND  
FEEL  
REJUVENATED**

**LAKESIDE  
FAMILY  
FITNESS**

**231-873-3566**