

SOUTH AMBOY SENIOR CENTER

CHAIR YOGA

FLEXIBILITY ~ STRENGTH ~ BALANCE
~ MINDFULNESS

Every Thursday 9:45AM - 11:00AM

Instructor: Nancy Kelly

**Must be a registered member with
South Amboy Senior Center**



For more information call 732-525-5965
Polomenep@southamboynj.gov

BREATHE. STRETCH. RELAX.