



SilverSneakers Yoga

Improve joint range of movement, strength and balance – and relax!

Learn safe moves and breathing exercises to reduce stress and improve mental clarity.

Questions? Ask at the front desk.

Get fit **your way!**

silversneakers.com

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Location:

Franklin Recreation Complex
1120 Hillsboro Road
Franklin, TN 37064
(615) 790-5719

Days:

Tuesdays and Thursdays (starting in August)

Time:

12:30pm -1:30pm

Non-SilverSneakers® members can take this class for a walk-in fee of \$3.00 per class. However, priority is given to SilverSneakers® members.

Instructor:

Leslie Roberts

HEALTHWAYS

SilverSneakers[®]
FITNESS

