

Advanced Senior Yoga

FRANKLIN RECREATION COMPLEX



Interested in a floor based yoga class that doesn't tie you up in knots or make you dizzy? Come join us to improve joint range of motion, strength, and balance while challenging the body with poses that move you gently from the floor to a stand and back down again. By working from the floor, we are equipped to increase upper body and core strength.

INSTRUCTOR: LESLIE ROBERTS

TUESDAYS

11:25AM-12:25PM

* Begins May 10th

\$4.00 per class or FREE with Premium Monthly Senior Pass, Premium Annual Senior Pass, SilverSneakers® Membership, or Silver & Fit Membership.



Premium Monthly or Premium Annual Senior Pass: Seniors (55+) can get an all inclusive monthly or annual pass (prices vary). Pass includes indoor amenity use at all primary recreation facilities, access to senior land-based fitness classes, group fitness classes, and aqua fitness classes. For more information, please visit the front desk.

For more information please call (615) 790-5719 x2025 or email lindseyw@williamson-tn.org.