



# Chair Yoga

## Chair Yoga

**11:00am - 12:00pm**

**Fridays**

**February 28 - June 12, 2020**

Older Adults who are 50 years+ can join chair yoga to find mobility in a way that is soft and gentle, but also really supportive and beneficial.

### Class Size:

Official Mt. SAC registration forms will be available at the Senior Center front desk. Registration is also required with Irwindale Senior Center. Class is required to have a minimum of 20 students actively participating or it may be discontinued.

### Attendance Policy:

Three unexcused absences will result in a drop from the class. See instructor syllabus for more information. The instructor will distribute the syllabus the first day of class.

**Irwindale Senior Center  
has temporarily relocated to  
Covina Welcome Center  
4555 N. Lark Ellen Ave.  
Covina, CA 91723**

As of January 6, 2020

## Registration Dates

Irwindale residents

Monday, January 13, 2020

Non-residents

Monday, January 27, 2020

## Last Day to Register

Friday, February 7, 2020

## Registration Time

**8:30am**

All registrations must be completed 1/2 before closing

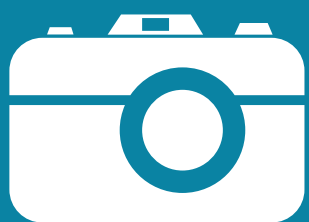
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To learn more about Irwindale Senior Center, visit [www.irwindaleca.gov](http://www.irwindaleca.gov)



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For more information please contact  
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