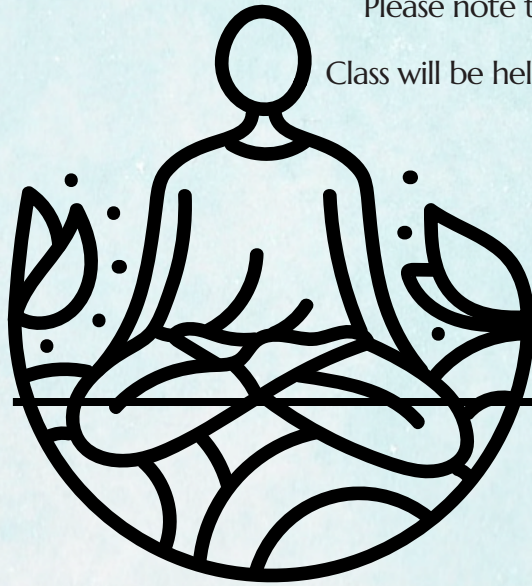


Online Chair Yoga with Pam

Every 2nd and 4th
Wednesday of the month:
10:00 am to 11:00 am

Please note these dates change for the month of
March only:
Class will be held March 12th and 19th, there will be no
class on March 26th.



Join us on Zoom for an hour of relaxing breathing and flow movement. This class utilizes the comfort and assistance of your chair at home, making this beginner-safe and friendly.

To register, please email
wellness@ironwoodcrc.com,
or call (480) 314-6660