FITNESS CLASSES

Relax, refresh, and restore your mind and body with our guided fitness sessions

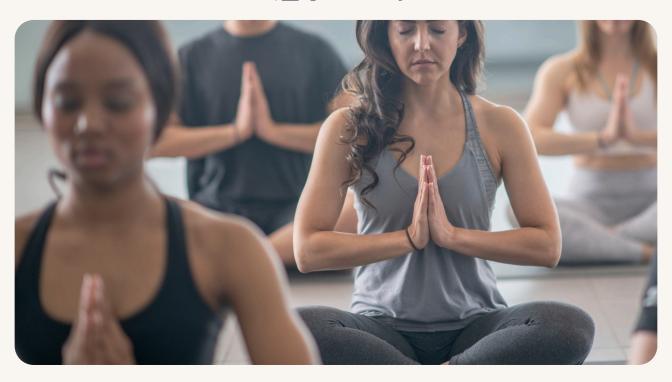
Please select a date to display the class date for the month.

_Therapeutic Movement for Cancer Recovery with Christy Shaft PT (Scottsdale)| <u>2nd</u> and <u>4th</u> Tuesday 10-10:45AM

Online Chair Yoga with Pam 2nd and 4th Wednesday 10-11AM

Tai Chi (Online) | 1st, 2nd, & 3rd Thursday 10-10:45 AM

Tai Chi (Chandler) | 4th Thursday from 10-10:45 AM



TAI CHI (ONLINE)

CHAIR YOGA

TAI CHI (CHANDLER)

THERAPEUTIC MOVEMENT FOR CANCER RECOVERY WITH CHRISTY SHAFT PT