

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) | 2nd and 4th 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**

(SCOTTSDALE)