



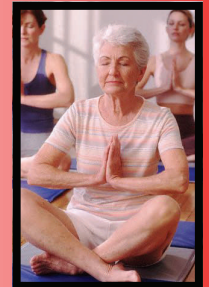
# Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541)440-9622



# YOGA for Seniors



**Tues/Thurs**

**11:20-12:20pm**

**Meet in the Aerobics Studio**

**Fee: Free to Members/\$40 per month Community Members**

**A very gentle introductory yoga class  
using chairs for seated poses  
and standing poses  
for improved strength and flexibility.**

**Focus will also be using your breath  
to assist in the stretching.**



*"The Mission of the Central Douglas County Family YMCA is to build strong kids, strong families, strong communities."*