



Cooper City Recreation Department

# Silver Sneakers Yoga

NEW CLASS  
Begins Sept. 8th



Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Tuesdays**

11:30 a.m. - 12:30 p.m.

Cooper City Pool & Tennis Center  
11600 Stonebridge Parkway

**Cost:** *Silver Sneaker Members*-Complimentary  
*Non-Members*-62 years+ \$2.00, 55 years+ \$3.00

**For more information call (954) 434-4300 #401**

**Visit us at [www.coopercityfl.org](http://www.coopercityfl.org)**

