



# CHAIR YOGA

*Improve your balance, strength and flexibility*

## SCHEDULE OF CLASSES

<b>July 09</b> <i>Thu</i>	3pm - 3:45pm	2009 Botulph Rd, Ste 100 Santa Fe, NM 87505
<b>July 14</b> <i>Tue</i>	11am - 11:45am	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Room)
<b>July 16</b> <i>Thu</i>	3pm - 3:45pm	2009 Botulph Rd, Ste 100 Santa Fe, NM 87505
<b>July 23</b> <i>Thu</i>	3pm - 3:45pm	2009 Botulph Rd, Ste 100 Santa Fe, NM 87505

\*Each class has a maximum of **14 seats** available

Please register with **Phy Encluna** or call **505-913-8951**