

KEY BISCAYNE COMMUNITY CENTER



FREE

**WEDNESDAYS
& FRIDAYS**

11:30 AM

Lighthouse Rm



**ANOTHER DAY
ADDED BY
POPULAR
DEMAND!**

THERAPEUTIC Chair Yoga



with Laura Marmol



**SIMPLE EXERCISES TO A HAPPIER
& HEALTHIER YOU!**

Chair Yoga is a great way to loosen and stretch muscles, reduce stress, improve circulation, lower blood pressure, and build strength & balance.

**To register or for more information please visit the
Front Desk or call 305-365-8900**