



# SilverSneakers Yoga

Improve joint range of movement, strength and balance – and relax!

Learn safe moves and breathing exercises to reduce stress and improve mental clarity.

Questions? Ask at the front desk.

## Get fit **your way!**

[silversneakers.com](http://silversneakers.com)

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**Location:**

Longview Recreation Center  
2909 Commonwealth Drive  
Spring Hill, TN 37174  
(615) 302-0971

**Days:**

Mondays and Wednesdays

**Time:**

12:30pm -1:30pm

Non-SilverSneakers® members can take this class for a walk-in fee of \$4.00 per class. However, priority is given to SilverSneakers® members.

**Instructor:**

Leslie Roberts

HEALTHWAYS

**SilverSneakers**<sup>®</sup>  
FITNESS

