

# Yoga for Seniors

Socially distanced at the LP Wilson Community Center  
Gymnasium.



**Description:** If you're age 55 or older, come reap the benefits of yoga! Our yoga class can provide you with increased flexibility, increased muscle strength/tone, improved respiration, energy, vitality, weight reduction, and cardiovascular health. No experience necessary! Please call (860) 285-1992 for more information and to register.

**Ages:** 55 years old or older

**Date/Time:** Wednesdays from 10:00 AM - 11:00 AM. Fridays from 11:00 AM - 12:00 PM.

**Location:** LP Wilson Community Center Gymnasium, 599 Matianuck Avenue, Windsor, CT

**Materials/Supplies Needed:** \*Need to bring a yoga mat?

**Price:** Drop in; Free?



Windsor Senior Services *A division of Recreation & Leisure Services*  
(860) 285-1992

LP Wilson Community Center, 599 Matianuck Avenue, Windsor, CT  
[townofwindsorct.com/senior-services](http://townofwindsorct.com/senior-services)

