



Yoga Classes 2018 Dates

Arthritis ACT offers Yoga to improve muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being.

DATE COMMENCING:	DATE ENDING:	TIME:
12 th February Floor Yoga	9 th April	Monday 9:30 to 10:15 am
12 th February Chair Yoga	9 th April	Monday 11:00 to 11:45 am
30 th April Floor Yoga	2 nd July	Monday 9:30 to 10:15 am
30 th April Chair Yoga	2 nd July	Monday 11:00 to 11:45 am
23 rd July Floor Yoga	24 th September	Monday 9:30 to 10:15 am
23 rd July Chair Yoga	24 th September	Monday 11:00 to 11:45 am
15 th October Floor Yoga	11 th December	Monday 9:30 to 10:15 am
15 th October Chair Yoga	10 th December	Monday 11:00 to 11:45 am

Cost: Members: \$7 per session Non-Members: \$11 per session

Note: The term usually consists of 9 or 10 classes.

Venue: Building 18, 170 Hayden Drive, Bruce

To register: Contact Arthritis ACT on info@arthritisact.org.au or phone 1800 011 041