

# SilverSneakers Yoga

Mondays & Wednesdays at Odell Weeks

11:15 AM - 12:00 PM

\$27 or \$52 for 10 Classes

Free for eligible  
SilverSneakers Members



Improve strength, range  
of movement, and balance.  
Learn safe moves and breathing  
exercises to reduce stress &  
improve mental clarity.



#aikenparksandrec



Ages 16 and older

(803)642-7631

The City of Aiken Parks and Recreation  
Department invites people of all ability levels to  
enjoy programs, parks, & facilities.