

Stretch Class

Tuesdays and Thursdays
10 am - 11 am
First class is free and then
it's just \$2 per class

Yoga Class

Fridays
11 am - 12 pm
First class is free and
then it's \$3 for residents and
\$3.25 for non-residents

Instructor: Jan Guinn

Carrollton Senior Center 1720 Keller Springs 972-466-4850

Classes focus on improving strength, flexibility and balance, along with increasing range of motion. They are specially designed to meet the needs of older adults.

