

KEY BISCAYNE COMMUNITY CENTER



CHAIR YOGA with Myriam



WEDNESDAYS

10:00 AM

FREE via ZOOM

Meeting ID: **812 175 5689**

Passcode: **eRG21Z**



Take this new virtual exercise class that utilizes the mind-body connection more effectively to help relieve stress, pain, fatigue, joint lubrication and arthritis.



For more information contact 786-255-3601 or rlohuis@keybiscayne.fl.gov

