



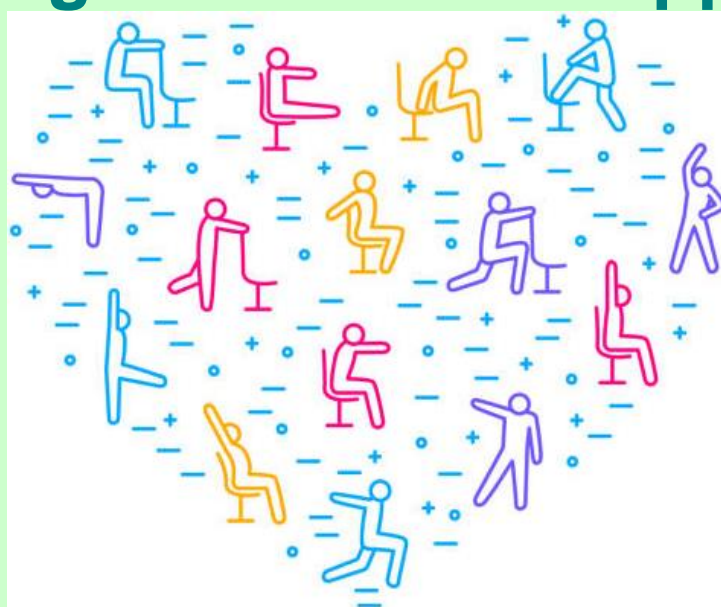
Quarryvale FRC



Chair Yoga

**Yoga with no need to get
down on the floor!**

**Yoga sitting down and standing up
using the chair for support**



Day: 5 Thursdays date TBC
Time: 1.30 p.m. to 2.30 p.m.
Cost: €25
Venue: Quarryvale FRC @QCYC, Greenfort Gdns

**To register:
Please call 01-626 9151**