

# COME JOIN US FOR VIRTUAL **Chair~YOGA**



*Seated Cat  
and Cow*



*Seated Forward  
Fold*



*Chest  
Expansion*



*Seated  
Pigeon*



*Seated Spinal  
Twist*



**PADUCAH PARKS & RECREATION**

ALWAYS SOMETHING TO DO!

**270.444.8508**

**LIVE on Facebook!**