

JOYFUL LONGEVITY

Current membership required to access via Zoom.

Live Online Streaming Class Schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7am PT 8am MT 9am CT 10am ET	Chair Yoga		Qi Gong / Tai Chi		Mindful Movement		Chair Yoga
8am PT 9am MT 10am CT 11am ET		Qi Gong / Tai Chi		Chair Yoga			
1pm PT 2pm MT 3pm CT 4pm ET	Chair Yoga	Mindful Movement		Mindful Movement		Mindful Movement	

Chair Yoga: This gentle form of yoga increases flexibility, strength, and body awareness.

Chair Qi Gong/Tai Chi: Postures for strength, stability, balance, and body awareness.

Mindful Movement: Release stress, improve energy, and find joy in moving your body.