

## Exercise Classes – Yoga

For your comfort, please bring a yoga mat.

### Roper Hospital

*Cardiac Wellness & Rehabilitation Center*

#### Yoga for Back Pain

Mondays, July 16 – September 24

4 – 5 p.m.

*(no class on Sept. 3)*

**\$50/series**

#### Yoga Level 2

Tuesdays, August 21 – September 25

4 – 5 p.m.

**\$30/series**

#### Yoga Level 1

Thursdays, August 30 – September 27

5:15 – 6:15 p.m.

**\$25/series**



### Roper St. Francis Cancer Center

*Board Room, 1st Floor*

#### Gentle Yoga

Thursdays, August 30 – September 27, 10 – 11 a.m.

**\$25/series**

#### Yoga for Back Pain

Mondays, July 16 – September 24, 5:30 – 6:30 p.m.

*(no class on Sept. 3)*

**\$50/series**

#### Yoga Level 1

Tuesdays, August 21 – September 25

5:30 – 6:30 p.m.

**\$30/series**

#### Yoga Level 2

Wednesdays, August 29 – September 26

5:30 – 6:30 p.m.

**\$25/series**

### Roper St. Francis Mount Pleasant Hospital

*Medical Office Building, Classrooms 1 & 2*

#### Yoga Level 1

Mondays, July 16 – September 24

5:30 – 6:30 p.m.

*(no class on Sept. 3)*

**\$50/series**

#### Yoga Level 2

Wednesdays, August 29 – September 26

5:30 – 6:30 p.m.

**\$25/series**

**TO REGISTER VISIT** [www.rsfh.com/advantage](http://www.rsfh.com/advantage)  
or **CALL** (843) 402-CARE (2273).

*Programs are free (unless otherwise indicated).*

*Registration for all programs is required.*

To learn more about the yoga programs at the Lowcountry Senior Center on James Island and the new Waring Senior Center in West Ashley visit [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org).