

Low Impact Fitness | Combines gentle movement, stretching, strengthening and balance. Suitable for anyone able to move independently. Chairs available.

WHEN 8:00 am to 9:00 am, Monday through Thursday mornings OR

WHEN 3:00 pm to 4:00 pm, Tuesday, Thursday & Friday afternoons

DROP IN 1st class free, then \$5 per class; purchase punch card at 834 Sheridan, Waterside

Sun Rise Yoga | Wake your body through movement and breath. Improve your strength, flexibility, and balance. All level class

WHEN 6:30 am to 7:30am, Tuesdays & Thursdays

DROP IN 1st class free, then \$5 per class; purchase punch card at 834 Sheridan, Waterside

Therapeutic Yoga | For individuals beginning their yoga practice or for those who want to return to the foundations of yoga.

WHEN 4:45 pm to 5:30pm, Tuesdays & Thursdays

DROP IN 1st class free, then \$5 per class; purchase punch card at 834 Sheridan, Waterside

Work It, Circuit! | Interval training, cardio, weights, bands, core and more. All fitness levels are welcome. 8 week class.

WHEN 1:00 pm to 2:00 pm, Mondays & Wednesdays; starts 2/24/2020

REGISTRATION \$160; register at 834 Sheridan, Waterside Entrance

Exercise to Beat Back Pain | Use exercise to decrease and even eliminate low back pain. 8 week class.

WHEN 10:15 am to 11:15 am, Wednesdays & Fridays; starts 1/22/20

REGISTRATION \$160; register at 834 Sheridan, Waterside Entrance

Wellness Center: 1230 W. Sims Way (QFC Plaza), Port Townsend

Register: 360.385.2200 extension 1223

Info: JeffersonHealthcare.org