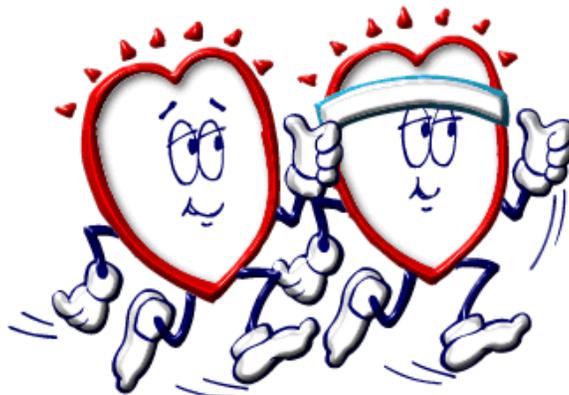


Stretch and Flex

with Tricia



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Join *every week* on TV or online.

Balance and Stability:

Monday, Wednesday and Friday at 10am

(Every 1st Wednesday of the month class begins at 9am. Join us at the Commission on Aging session to follow at 10am.)

Chair and Mat Yoga:

Tuesday at 10am and Thursday at 9:30am

KTOP-Channel 10 and AT&T U-verse Channel 99 on your TV.

You can also live stream these classes through oaklandca.gov and search KTOP.

