City of Malibu, Community Services Department



MALIBU SENIOR CENTER

LEARN NEW POSES, INCREASE FLEXIBILITY, AND PRACTICE STRETCHING TECHNIQUES IN A CALM AND RELAXING ENVIRONMENT.

CHAIR YOGA

MONDAYS, 11AM - 12PM SEPT 12 - 26, \$15 OCT 3 - 31, \$20 NOV 7 -28, \$20

MAT YOGA

TUESDAYS, 1 - 2PM SEPT 6 - 27, \$20 OCT 4 - 25, \$20 NOV 1 - 29, \$25

FOR MORE INFORMATION CONTACT 310.456.2489 EXT. 357 MALIBUCITY.ORG/SENIORCENTER