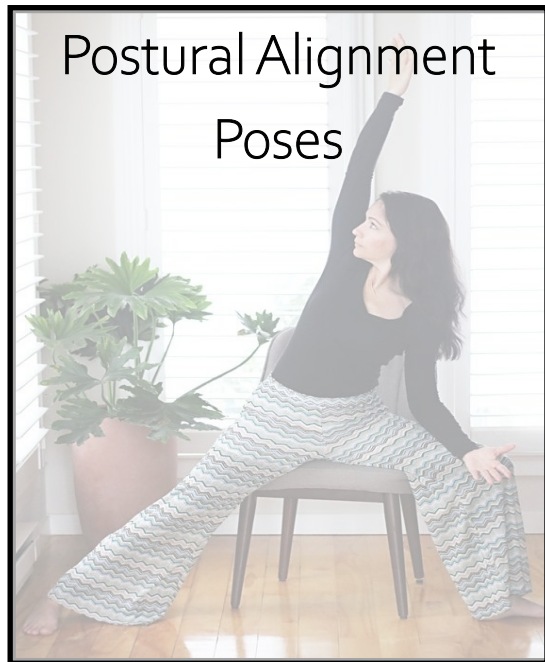


# HARTZ PT Community Chair Yoga



## IT'S BACK!

Classes Scheduled on select  
Wednesdays throughout the  
summer from 12:15-1:15pm

HARTZ Physical Therapy  
90 Good Drive Suite 201  
Lancaster, PA 17603

Taught by: Michelle Newman, Certified  
Yoga Instructor/ PT Assistant

Cost: \$40/4 week session or \$15/class  
For more info: [mnewman@hartzpt.com](mailto:mnewman@hartzpt.com) or  
call Michelle at 717-735-8880

\*Pre-registration strongly encouraged. Space is  
limited due to continued safety precautions.



Breathing Techniques

Core Strengthening

Relaxation

