

# Choose

An energizing wellness class.

## Pisgah Valley Retirement Community Wellness Classes

### Tai Ji

Mondays & Wednesdays 9:45-10:45am

### Water Aerobics

Tuesdays 9:00-10:00am & 4:00-5:00 pm

Thursdays 9:00-10:00 am

### Yoga

Wednesdays 11:00am-12:00 pm

Fridays 1:00-2:00 pm

**The Pisgah Wellness Center is open to the public.  
Non-residents may call 828-667-9851  
for membership information.**



**PISGAH VALLEY**

A Seventh-day Adventist Retirement Community

Value, Serenity and Stability – Everyday



95 Holcombe Cove Road ■ Candler, NC 28715 ■ [www.PisgahValley.org](http://www.PisgahValley.org) ■ 828-418-2333