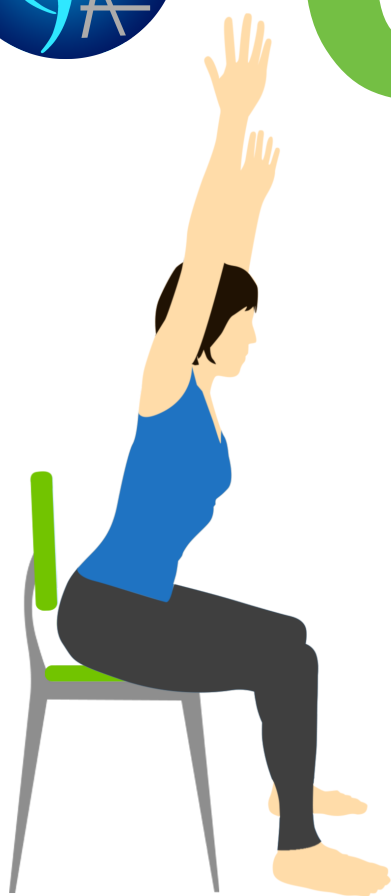




CHAIR YOGA



A gentle form of seated yoga on a chair and some standing yoga using a chair for support.

All levels and ages welcome!

**Monday & Thursday
10:30am–11:30am**

When Monday is a *holiday*,
class will be cancelled.

10 Class Pass	\$95
5 Class Pass	\$50
1 Class	\$12



* tickets do not expire

* if you already have tickets, you may use those