

FLOW YOGA & CHAIR YOGA

With Wally Tuccini
All Levels Welcome
\$5.00 per class

Flow Classes: Tuesdays 6:30-7:30
January 13 / 20 / 27

Chair Classes: Thursdays 9:00 -10:00
January 15 / 22 / 29

Flow Participants should bring a mat and block

Chair Participants should bring a pair of 3 lb. dumbbells

All classes are weather dependent