

FLOW YOGA & CHAIR YOGA

With Wally Tuccini

All Levels Welcome

\$5.00 per class

Flow Classes: Tuesdays 6:30pm-7:30pm

February 3/10/17/24

Chair Classes: Thursdays 9:00am -10:00am

February 5 / 12 / 19/26

Flow Participants should bring a mat and block

Chair Participants should bring a pair of 3 lb. dumbbells

All classes are weather dependent

At the Michigamme Township Community Building