



CHAIR YOGA

Classes start Tuesday, April 7th

TUESDAY - 10AM

&

WEDNESDAY - 7PM

\$50 for 6 Sessions or \$10 Drop-In

Now you can ***GET FIT WHERE YOU SIT!***

Experience all the benefits of Yoga from the comfort and support of your chair.

Great for **ALL AGES AND LEVELS** Chair Yoga provides all the wonderful health benefits of yoga, relaxes your body and mind, improves fitness and flexibility.

**Putnam Valley Grange Hall
128 Mill Street (at Adams Corners)
Putnam Valley**

Please call 845-216-3523 or email YogaFitNY@gmail.com for more information or to sign up.