Winter 2027

SESSIONS START JANUARY 4TH

SIX WEEK SESSIONS



CHAIR YOGA SCULPT CLASS

WHEN: MONDAY'S 4 - 4:45 PM WHERE: WHEELER MULTI- PURPOSE UPSTAIRS

If you are looking for a spicy chair yoga class, this is the class for you. This dynamic chair yoga class blends yoga, strength training, and cardiovascular exercise to help increase calorie burn, and build lean muscle. You can expect both standing and seated postures, as well as elements of flexibility, balance, and strength to ensure you can continue doing what you love as you age. Chair Yoga Sculpt is a class suitable for everyone and a great place to start if you are looking to add some movement into your day.

YOGA SCULPT CLASS

WHEN: MONDAY'S 5 - 6 PM WHERE: WHEELER MULTI- PURPOSE UPSTAIRS

Yoga Sculpt is a dynamic class that blends yoga, strength training, and cardiovascular exercise. This class will incorporate the use of light hand weights (2-3 pounds) and high-intensity cardio bursts to help increase calorie burn, build lean muscle, and improve flexibility, mobility, and balance all while maintaining the integrity, flow, and breathwork of yoga. Ideally, some yoga experience would be beneficial, but not necessary, all levels are welcome.

Yogis must bring their own mat and 2-3 pound hand weights. Yoga blocks, straps, and resistance bands will be provided.

L'Anse Creuse PUBLIC SCHOOLS COMMUNITY EDUCATION

COST $45

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