

*Fall 11
2026*

**(SESSION STARTS
WEEK OF NOV 2ND)
SIX WEEK SESSION**



CHAIR YOGA SCULPT CLASS

MONDAY'S 4 - 4:45 PM

THURSDAY'S 5 - 5:45 PM

COST

\$40

1 DAY/WEEK

\$75

2 DAYS/WEEK

**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.

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



**www.lc-ps.ce.eleyo.com
586-783-6330**

