

Summer 2025

Chair Yoga

Mondays

12:30 - 1:30 pm

July 7, 14, 21, 28
August 4, 11

Wednesdays

12:30 - 1:30 pm

Note new time for summer!

July 16, 23, 30
August 6, 13

Conquer stress and fatigue, and infuse your day with renewed energy and focus with a gentle yet invigorating session of chair yoga. No need to change clothing or lie on a mat. Free.

Space is limited; first come-first-served.



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