



New Rochelle  
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# 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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