TOWN OF DeWitt Recreation

Senior Chair Yoga



Chair Yoga is a practice beneficial and accessible to all. In this class you will use the support of a chair to move you through yoga poses to improve flexibility, strength, and balance, all while focusing on calming breathing techniques.

No prior yoga experience needed

Classes are free but spots are limited

you must register on RECDESK or by calling the Recreation Office.

Dates: Wednesdays

Time:
8:45am-9:30am

Location:
DeWitt Community Room
148 Sanders Creek Pkwy
East Syracuse

contact us call 315-446-3910 ext 9
www.dewittny.gov